



A Guide for Spiritual Formation

Theme of the month:

Tears, Ashes, & Trumpets

Text for the Week:

Habakkuk 1:5-17

Message for the Week:

"Why?"

Theme for the Week:

Why does God do what God does?

Lent 2

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

List some characteristics of God. Share a story of when you have experienced one or more of these in your life.

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read [Habakkuk 1:5-17](#) out loud.

What words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them those who are with you.

Respond / Reflect:

What is the difference between lament and grumbling / whining / 'brumming'?

Does God only cause suffering or only allow suffering or both?

Can you imagine a more desperate, helpless feeling – that God is orchestrating your suffering against you?

Where and how is your faith in God pushing you to ask impatiently "How Long?" and "Why?"?

Of the characteristics of God that you listed earlier, which of them assure and comfort you during the times of "How Long?" and "Why?"? Are any of these characteristics of God seemingly in conflict with things going on in our world?

How might God be using a pandemic, natural disasters, and scandals in our world? In your life?

"Try It!"

Write another prayer of lament to God, either by yourself or as a group. See the second half of [Psalm 74](#) for another example of lament.

As you write your prayer: Name the problem. Tell God how you feel about it. Tell God what you want Him to do about it. Express your trust that God can do something about it and that God is still good during it.

Prayer:

Spend time in prayer regarding the things God revealed and that you discerned in your time with God today.

Also, spend time in prayer with/for the other people who are with you.

During this season of Lent, we invite you to pray this prayer:

Lord God, in this season of Lent, we look forward to our remembrance of Jesus' death and our celebration of his resurrection. We pray that your Spirit will renew in us today our anticipation for these events and our awareness that Jesus' death and resurrection are a sure source of hope and life. During this Lenten season, we long for your Spirit to both comfort and challenge us, to help us to become more holy and loving. In a world that does not understand repentance, we pray for new understanding, humility, patience, and discipline that will help us die to sin and live for Jesus. AMEN

Missional Practice for the Month:

During the month of March, we encourage you to prayer walk your neighborhood several times each week. As you walk through your neighborhood/community, pray for those who are living in each house you pass. Be open to any conversations with neighbors you may encounter along the way. To learn more about prayer walking click [HERE](#).