



DAILY
RHYTHMS

Beauty in Ashes

JOURNEY
THROUGH
LAMENT

INTRODUCTION

We've all been in that place where we've had to ask the difficult question: "How?"

- How did life get so hard?
- How do I faithfully walk through a season like this?
- How can I feel the weight of darkness and pain while still seeing the beauty and glory of God?

This Lent season, you're invited to journey with us at NCC as we explore what it means to faithfully ask how.

Over the next five Sundays, we'll be walking through the book of Lamentations - a book that, fittingly, takes its traditional Hebrew title from its first word: "Ekhhah", or in English, "how?" Together, we'll look at each of the five poems and consider how they speak into our own experiences of asking life's hard "how" questions. And through it all, we will hold on to this truth found in the center of the book:

"The steadfast love of the LORD never ceases;
his mercies never come to an end;
they are new every morning;
great is your faithfulness.

'The LORD is my portion,' says my soul,
'therefore I will hope in him.'"

[Lamentations 3:22-24, ESV]

This simple booklet is designed to guide you through five daily rhythms each week, inviting you to reflect even more deeply on the theme of lament beyond our Sunday morning messages. Each week in our readings, we'll focus on a psalm of lament, exploring how they teach us to honestly and faithfully bring our sorrow before God.

Lament is the faithful prayer in response to pain that ultimately leads us to greater trust. You'll encounter the four key elements of a lament identified by Mark Vroegop: Turn, Complain, Ask, & Trust. This will be the path we take through each of these psalms as we learn to let these prayers become our own in our times of need.

You are also invited to join us on Wednesday evenings for an interactive Bible study, where we'll take a closer look at that week's psalm and share together in the practice of lament.

Our prayer is that this season will be an opportunity to be honest with the Lord, and with each other, as we see there is Beauty in Ashes.

~ Pastor Scott



HOW THE DAILY RHYTHMS WORK

DAY 1: LISTEN Deuteronomy 6:4-9

What's the purpose of this day: The first day of each week invites you to listen - drawing your attention to God's truth in Scripture and in your life. On this day [your first day of the week], you will be given a Psalm to read followed by a simple thought to consider along with a few questions to work through to bring your focus on what God has to say about lament.

What do I do? Take this booklet, a pen/pencil, and your bible somewhere that is quiet and you can be alone for a few minutes. Look up the key passage for the day, but don't rush through it. Read it over a few times. Then, take out your pen, look over the questions, and listen to how God is using this to speak into your life.

DAY 2: WAIT Psalm 27:14, Psalm 130:5-6

What's the purpose of this day: Today, you are invited to simply wait. Waiting can create a sense of tension and that's good- it's in this space that we trust God has something to teach us. We understand the difficulty of waiting, but we also believe there is so much to be found there. As we remain expectant, we trust God to speak into our hearts. Remember, this is not a time to "produce" anything, just to be with God.

What do I do? Take this booklet and a pen/pencil somewhere that is quiet and comfortable. Light a candle or play quiet worship music. You can set a timer so you don't have to worry about the time passing. Silence can feel long, but don't rush. Use the questions as prompts to ask God to speak to you simply - in the silence, and through yesterday's reflections. Don't force anything, just listen, and allow yourself to be still.

DAY 3: STRETCH Hebrews 4:12-13, 2 Timothy 3:16

What's the purpose of this day: This day is an opportunity to look at your heart and life. We want you to be able to use God's truth to shine a light on your heart, on your mind, and on your actions. This is a time of

challenge, refinement, and growth - not a time of shame. Be careful as you shine a light on your heart, mind, and behavior that no matter what you see, you are still deeply loved by God. Please remember, the goal is to be able to love God and love others more deeply.

What do I do? Take this booklet and a pen/pencil somewhere that is quiet and comfortable. Read the simple prompts and consider them personally. Be honest with yourself and God. If you find something in your heart that needs refinement begin with confessing to God. This can be as simple as "God I am sorry for..." or "God please forgive me for..."

DAY 4: CARE Psalm 103:13, Colossians 3:12

What's the purpose of this day: Today is an opportunity to think of others-their needs, hurts, and challenges. Each week you will be given some prompting questions to help you think about and consider other people so you can develop your heart of compassion for others.

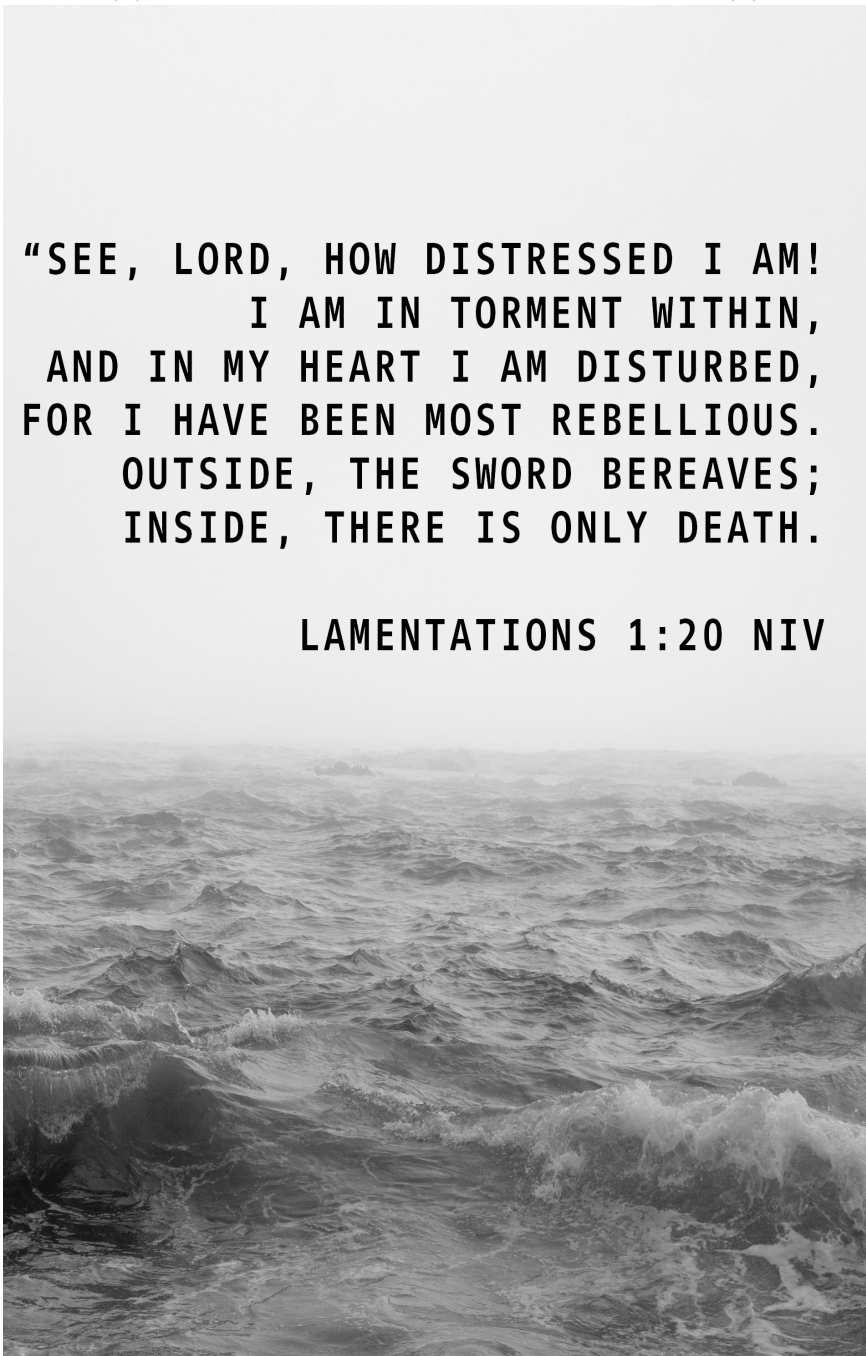
What do I do? First thing in the morning, take this booklet and a pen/pencil somewhere that is quiet and comfortable. Think of specific people in your life and write their names [or better write a nickname so only you will know who you are talking about]. Think of their needs. Follow the questions as prompts to help move your heart for others. End your time praying for them by name. Keep the same list of names throughout the week, but feel free to add to it. Don't remove anyone.

DAY 5: MOVE Isaiah 58:6-10, 1 John 3:18

What's the purpose of this day: God's invitation always leads to action. This day is an opportunity to do that very thing. We want the truth you've considered, the waiting you've experienced, the stretching you've undergone, and the compassion you've felt to move you into action. Each week you will be given a simple challenge to move and we want you to really act on it.

What do I do? Get this booklet first thing in the morning and read the challenge to move. Then pray for God to open the door for you to move during your day. At the end of the day write in your booklet how God opened doors and opportunities for you to move.





LAMENTATIONS 1:20 NIV

WEEK ONE: MARCH 9
SERMON NOTES



DAY ONE: MARCH 10

LISTEN

Read: Psalm 32

Imagine having to walk around all day carrying an unnecessary weight. Every simple task-taking a step, lifting your arm-becomes harder than it needs to be. This is what happens to our souls when we go through life without lamenting over sin.

Look at verses 3-4 and how David describes his experience when he stayed silent about the sin in his life. That silence-whether it's denial, avoidance, or indifference-only leaves us burdened by the weight of sin's lies and brokenness. The right response to that burden isn't to deny it or numb ourselves to guilt. The right response is to lament.

To lament over sin is to align our vision with God's vision and our values with His. When we recognize sin in our lives, we ought to respond with grief and anguish-grief that matches the weight of our disobedience, anguish that cries out to God about the brokenness all around us.

But here's the good news: when we lament-when we pour out our hearts before God and grieve over sin-we don't find more judgment waiting for us. Instead, we find the freedom of the blessed life that David describes at the start of his psalm. Lament over sin isn't meant to be the place where you live, but it is certainly a place you must visit on your way to the blessed life.

- As you read Psalm 32, what words or phrases stand out to you the most? Why do you think they caught your attention?

- How would you describe the kind of burden David talks about when he “kept silent” about his sin? Have you ever experienced that same kind of weight?

- What does this psalm teach you about God’s response to those who confess and lament their sin?

- Why do you think it can be so hard to acknowledge or grieve over sin-in your own life or in the world around you?





- Imagine what freedom might feel like if you truly released the weight of unconfessed sin. What would change for you?

- How does lament help you realign your heart with God's vision and values?

- David begins Psalm 32 by describing the “blessed” life. How does that kind of blessing compare with the life our culture often calls “blessed”?

- If lament is meant to be a place you visit on the way to freedom, what might it look like for you to stop there today? What would you want to say to God?





DAY TWO: MARCH 11

WAIT

Re-read Psalm 32 slowly and let his prayer be your prayer and spend at least 3 minutes in silence listening for God's leading.

- How does waiting with God help you feel the weight of unconfessed sin without rushing past it?

- David described the heaviness of keeping silent about his sin. How might God meet you in that silence today?

- Are you tempted to avoid the discomfort of lament? What might happen if you waited with it instead?

- How can waiting create space for God to lift the weight of sin and replace it with freedom?

- In the quiet today, what burdens from Psalm 32 do you need to lay before God?

- If Jesus were to sit with you in this silence, what do you imagine He might say about the weight you carry?





DAY THREE: MARCH 12

STRETCH

Reread Psalm 32 asking God to reveal in your heart where you need God's refining.

- Are there specific sins in your life that you've been silent about and need to confess to God?

- How has carrying hidden sin affected your soul, like David described?

- What sin in the world around you-whether in your community, culture, or beyond-do you need to acknowledge and grieve over?

- When God stretches you to be honest about sin, how does that move you closer to His heart?

- Close out your time today by lamenting the sin in your life and in the world around you.





DAY FOUR: MARCH 13

CARE

- How might understanding your own sin and God's grace soften your heart toward others?

- Who in your life may be silently carrying the same kind of heavy burden David described?

- How can you lament on behalf of someone else today, grieving how sin has burdened them?

- What would it mean to extend the same compassion God offers you in Psalm 32 to someone else?

- Think of someone who needs the freedom David found-how can you pray for them this week?

- Where do you see the weight of sin impacting your community or culture? How might God be calling you to care?

- Spend some time today lamenting the burden of sin on those you love.





DAY FIVE: MARCH 14

MOVE

- What would it look like to live out the freedom David celebrates at the end of Psalm 32?

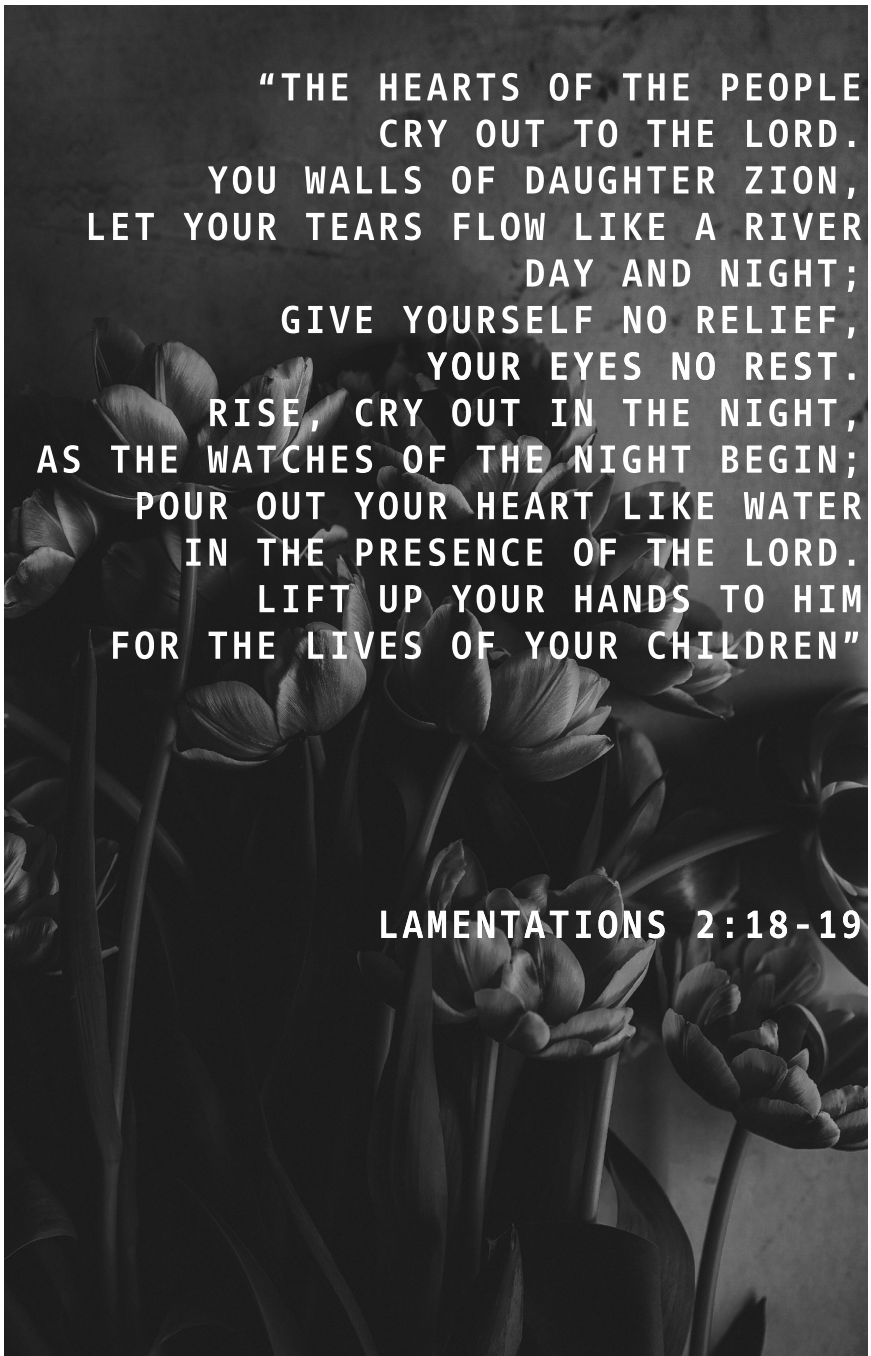
- How can you turn this week's lament into a real action that brings blessing to someone else?

- Is there someone you've been praying for this week [from Day 4] that you can serve or encourage today?

- David moved from silence to confession to freedom. Is there a way you can create that environment of love to someone who may need to confess sin in their life?

- What's one simple way you can create freedom or joy for someone weighed down by the pains of sin's effect in life?





“THE HEARTS OF THE PEOPLE
CRY OUT TO THE LORD.
YOU WALLS OF DAUGHTER ZION,
LET YOUR TEARS FLOW LIKE A RIVER
DAY AND NIGHT;
GIVE YOURSELF NO RELIEF,
YOUR EYES NO REST.
RISE, CRY OUT IN THE NIGHT,
AS THE WATCHES OF THE NIGHT BEGIN;
POUR OUT YOUR HEART LIKE WATER
IN THE PRESENCE OF THE LORD.
LIFT UP YOUR HANDS TO HIM
FOR THE LIVES OF YOUR CHILDREN”

LAMENTATIONS 2:18-19

WEEK TWO: MARCH 16
SERMON NOTES



DAY ONE: MARCH 17

LISTEN

Read: Psalm 10

I once heard a story of a young girl who was doing her chores, which included burning old leaves in the backyard. At some point, her pant leg caught on fire. Afraid of getting in trouble, she hid the injury from her family and went on with her day as if nothing had happened. Days passed, and the burn grew worse. Finally, as she walked from the bathroom to her bedroom wrapped in a towel, her dad noticed the burns on her leg-and by then, they were badly infected. Her fear of being found out kept her from getting the help she needed.

Fear often does that. It keeps us from being honest about our pain, our doubts, and our struggles.

In Psalm 10, we see the psalmist refuse to let fear keep them from crying out to God. They begin with a bold, raw accusation that almost feels out of place: "Why, Lord, do you stand far off? Why do you hide yourself in times of trouble?"

The claim that God is far and hidden in our troubles is certainly not true of God... and yet that's exactly how the psalmist feels. Psalm 10 is not intended to give us a theological treaty on where God is when there is a gap between my experience and my expectation. However, we do find an honest cry from someone who is grieving over the fact that "the wicked man hunts down the weak." [vs 2]

This kind of response brings us back to the first word of Lamentations: "How..." How can God be present and near when the innocent suffer and the wicked seem to win?

Throughout Scripture, we find a part of most laments is a complaint brought to God. These complaints come from a place of deep trust. Not to accuse God like a courtroom lawyer, but from the heart of a hurting child who knows their Father cares deep enough to hear the true cries of their heart.

This week, you are invited into a time of honest prayer with God-bringing your pain and unanswered questions into the open by complaining to God. Not as a place to live, but as a necessary place to visit on your journey toward deeper, stronger trust.

- As you read Psalm 10, what words or phrases stand out to you the most? Why do you think they caught your attention?

- How would you describe the heart of the psalmist in this passage? What emotions are they expressing to God?





- Where in your own life [or in the world around you] do you see situations that feel like what the psalmist describes-where the wicked seem to win and the weak are hurting?
- What doubts or difficult questions about your experience have you been holding back from bringing to God? Why do you think you've kept them hidden?
- Psalm 10 begins with the cry that God is far off. When have you felt distant from God in your own story? What did you do with those feelings?

- In verses 12-15, the psalmist turns attention to his confidence in God's justice. How might these verses invite you to trust God's heart even when you can't see His hand?

- Psalm 10 ends with the assurance that God hears the cries of the afflicted. What comfort or challenge does that truth bring to you today?

- What fears, pains, or doubts might God be inviting you to bring into the open this week? What would it look like to offer them to Him in honest prayer?





DAY TWO: MARCH 18

WAIT

Re-read Psalm 10 slowly and spend at least 3 minutes in silence listening for God's leading

- As you sit in the quiet today, what complaint or burden from Psalm 10 continues to stir in your heart?

- What are you longing for God to do that hasn't happened yet?

- How does it feel to wait with your complaint instead of rushing to fix it or force an answer?

- What complaints from Psalm 10 or another scripture can be your words for God today?





DAY THREE: MARCH 19

STRETCH

[Invited to let God's truth shine on our hearts, refining us through honest lament]

- How have fear or pride kept you from bringing your full, honest complaints to God?

- When you reflect on the rawness of Psalm 10, how does your heart resist being that honest with God?

- Have your complaints ever turned more into accusations against God than prayers to God? What needs to shift there?

- Are there places in your life where you've started to believe that God is distant or doesn't care?

- Where do you need to confess: "God, I'm sorry I've hidden this pain from You"?

- What might God want to refine in your heart as you keep bringing your honest grief and doubts to Him?





DAY FOUR: MARCH 20

CARE

[Invited to develop compassion through lament, praying for others who suffer]

- Who in your life is carrying heavy grief, hurt, or injustice right now?
- How might they feel like the people described in Psalm 10—hunted, forgotten, or unseen?
- What honest complaints do you imagine they might want to bring to God?

- What would it look like to lament on their behalf this week?

- Write down their names. Pause and pray for them, asking God to see, hear, and defend them.

- How can you show the truth of God's presence for those you prayed for this week? [Romans 12:15]





DAY FIVE: MARCH 21

MOVE

Choose one person from your prayer list yesterday who feels overlooked, burdened, or hurt. Reach out to them today with a text, call, or small act of kindness—just to remind them they are seen and loved. Be intentional not to offer clichés or platitudes to any pain they share with you while remaining present.

At the end of the day, reflect:

- Who did you reach out to, and what did you do?
- How did it feel to move toward someone else's pain?

- Did your own honest complaints help you feel more connected to the suffering of others?

- Where did you sense God opening a door or guiding your action today?

- How might faithful complaining not just change your heart, but also move you to care better for others?





BECAUSE OF THE LORD'S GREAT LOVE
WE ARE NOT CONSUMED,
FOR HIS COMPASSIONS NEVER FAIL.
THEY ARE NEW EVERY MORNING;
GREAT IS YOUR FAITHFULNESS.

LAMENTATIONS 3:22-23 (NIV)

WEEK THREE: MARCH 23
SERMON NOTES



DAY ONE: MARCH 24

LISTEN

Read: Psalm 22

Imagine a neighbor in desperate need of help late at night. Instead of pounding on your door, they only give it a light tap. The next morning, when you find out what happened, you'd likely assume they didn't really want your help-because if they were truly desperate and you were their only hope, they would have done whatever it took to get your attention. If, however, you were just one option among many, there would be no need for them to knock boldly.

This is why, in our pursuit of God through prayer-especially in times of difficulty-we must be willing to ask boldly. He is not just an option among many; He is our only hope in our time of need. In Psalm 22, we see this urgency in David's lament. He begins with an agonizing complaint, crying out to God:

"My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?"

David feels abandoned, unheard, and distant from God's presence. But in verse 3, a crucial turning point emerges-one that is essential in our own practice of lament. With a single, three-letter word-"yet"-David shifts from his honest complaint to a bold declaration of trust.

"Yet you are enthroned as the Holy One;
you are the one Israel praises."

From verses 3-5 and again in verses 9-10, David anchors his soul in who God is and what He has done. He is no longer merely crying out in despair; he is standing at the door, knocking with confidence, believing that the One on the other side will hear and answer. His bold request follows in verses 11-21, revealing a man who has no other hope but the God he calls upon.

This is how we continue to pray through our pain: by returning to God with bold and courageous rooted in who God is and what He has done.

- As you read Psalm 22, what words or phrases stand out to you the most? Why do you think they caught your attention?

- What emotions stand out to you in Psalm 22? How do they compare with how you approach God in your struggles?





- David begins with a painful complaint but doesn't stay there. Why do you think this shift from complaint to boldly asking is important in lament?

- What does the word "yet" represent in your own life? Is there a truth about God that you need to anchor yourself in, even when circumstances feel overwhelming?

- When have you hesitated to pray boldly? What holds you back from coming to God with complete honesty?

- How does David's pattern of lament challenge or encourage your prayer life?





DAY TWO: MARCH 25

WAIT

Re-read Psalm 22 slowly and spend at least 3 minutes in silence listening for God's leading

- As you sit in the quiet today, what are you longing for God to do that hasn't happened yet?

- Take a moment to acknowledge to God that He is ultimately your only hope no matter the situation.

- What keeps you from boldly asking of God like we saw David do in Psalm 22?

- What requests from Psalm 22:11-21 or another scripture can be your request for God today?





DAY THREE: MARCH 26

STRETCH

- In what ways do you tend to “lightly tap” on God’s door rather than boldly knocking?

- If you truly believed God was your only hope, how would your prayers change?

- When have your circumstances led you to doubt God’s presence or goodness? How did that shape your response to Him?

- In what ways do you tend to rely on your own strength instead of boldly asking God for help?

- What kinds of prayers do you keep from praying because you are afraid of the answer? What does this reveal about your trust in God?

- Are there any truths about God that you struggle to embrace? What might be keeping you from fully embracing them?

- David's lament in Psalm 22 moves from complaint to confidence in God. What would it look like for you to take a step in that same direction?





DAY FOUR: MARCH 27

CARE

- How can you be a reminder of God's presence to someone who feels distant from Him?
- Are there people in your life who may be lightly tapping when they need to be boldly knocking? How can you encourage them to bring their struggles fully to God?
- Who in your life might need help moving from complaining to God to boldly asking him?

- How can you create a safe place for someone to express their honest struggles with God? What might that look like in your relationships?

- Is there someone in your life who has boldly trusted God in suffering? How can you learn from them and encourage them in return?

- Write down their names. Pause and pray for them, asking God to show them how near He is





DAY FIVE: MARCH 28

MOVE

Choose one person from your prayer list who may feel distant from God, weighed down, or overlooked. Reach out to them today—through a text, call, handwritten note, or small act of kindness. Your goal isn't to fix their pain, but to remind them they are seen, heard, and loved. Be intentional not to offer clichés or easy answers. Simply be present.

At the end of the day, take time to reflect:

- Who did you reach out to, and what did you do?

- How did it feel to move toward someone else's pain?

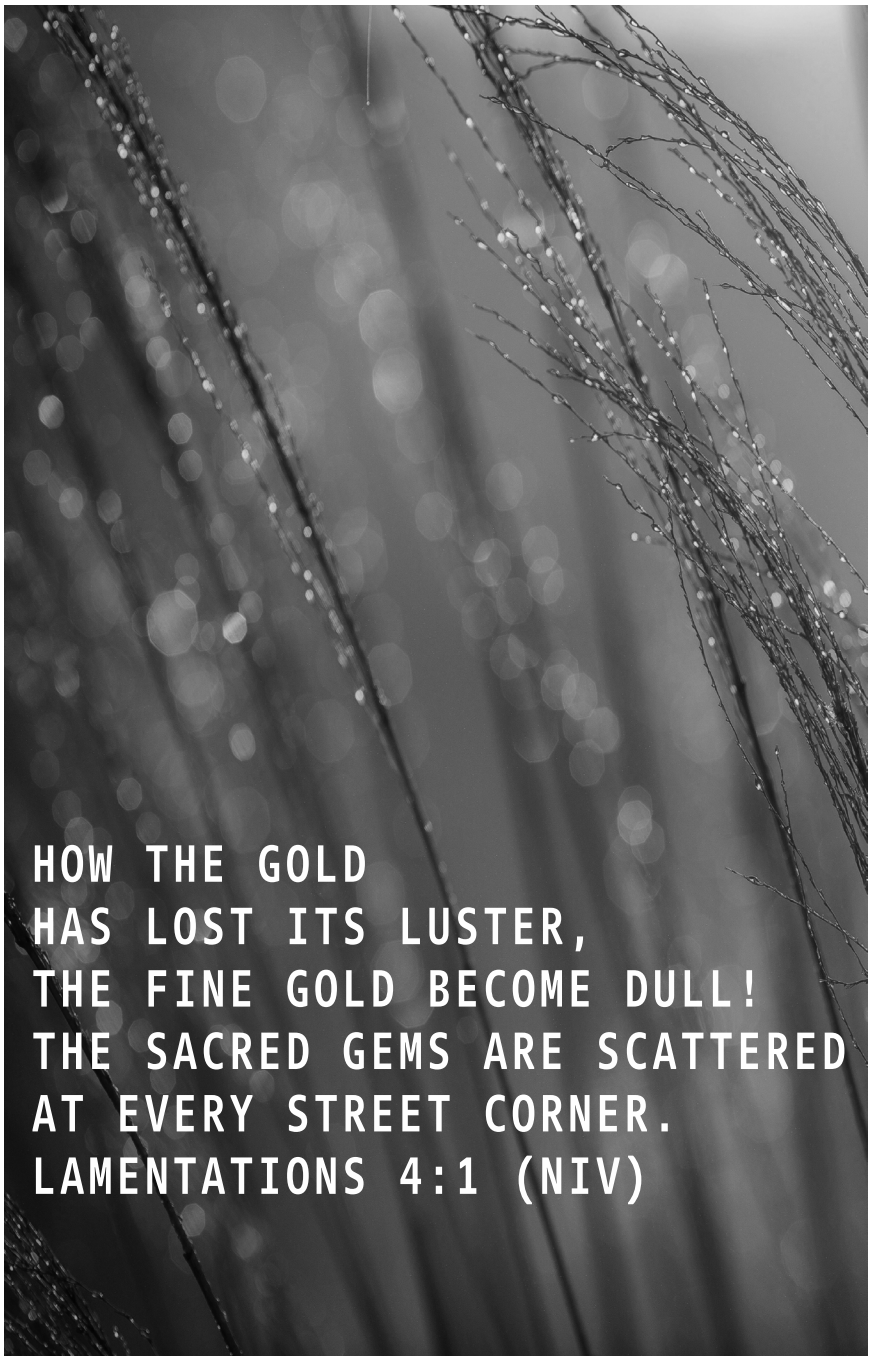
- What was their response? Did you sense they needed someone to boldly stand with them in their struggles?

- How did this experience challenge you?

- Where did you sense God opening a door or guiding your action today?

- How might practicing faithful lament deepen your compassion for others in the future?





HOW THE GOLD
HAS LOST ITS LUSTER,
THE FINE GOLD BECAME DULL!
THE SACRED GEMS ARE SCATTERED
AT EVERY STREET CORNER.
LAMENTATIONS 4:1 (NIV)

WEEK FOUR: MARCH 30
SERMON NOTES



DAY ONE: MARCH 31

LISTEN

Read: Psalm 137

No matter where we come from, there is always a temptation to conform to the patterns of the world around us. When we live in a culture that elevates self over sacrifice, pride over humility, and power over love, we have very clear reminders that we are foreigners-people whose true home is found in God's kingdom, not in the ways of the world.

Lament gives us a way to honestly express the tension between our experience as foreigners and as people whose true home is in God's kingdom. It allows us to be honest about our grief and discontentment while still seeking God in prayer.

In Psalm 137, we hear the deep sorrow of God's people longing for home. They have been ripped from their land and sent into exile, where they are mocked by their captors:

"Sing us one of the songs of Zion!" [v. 3]

Their response is both grief and resolve-they weep and hang up their instruments of worship, but they also make a commitment. "If I forget you, O Jerusalem, let my right hand forget its skill! Let my tongue stick to the roof of my mouth, if I do not remember you..." [vv. 5-6]

This is the heart of the psalm-right in the center of their lament, they declare their refusal to forget.

Pain and exile have a way of clouding our memory. When we are struggling, it becomes easy to forget God's goodness, His promises, and His faithfulness. This is why spending time in His word is crucial, especially as we lament. Even when God's promises seem distant from our experience, we must cling to them.

This week, we are invited to remember. To refuse to let exile, suffering, or difficulty erase the truth of who God is. To resolve in our hearts that we will not forget.

- As you read Psalm 137, what words or phrases stand out to you the most? Why do you think they caught your attention?

- Have you ever experienced a time when your surroundings or circumstances felt “foreign” to your faith? What was that like?

- The psalmist refuses to forget God’s promises, even in exile. When life is difficult, what truths about God are hardest for you to hold onto?

- What practices help you “remember” God’s faithfulness when you feel distant from Him? How can you lean into those practices this week?

- In what ways might God be inviting you to hold onto His promises more firmly, even if they feel distant from your present experience?





DAY TWO: APRIL 1

WAIT

- Re-read Psalm 137 slowly and spend at least 3 minutes in silence listening for God's leading

- As you sit in the quiet today, what are you waiting for God to restore in your life?

- What are you tired of trying to solve by your own strength?

- If you had to rewrite Psalm 137 in your own words, expressing a longing for something you feel is lost or distant, what would you say?





DAY THREE: APRIL 2

STRETCH

- In what ways do you feel the pull to conform to the patterns of the world around you rather than living as a citizen of God's kingdom?

- Are there ways you have forgotten or neglected God's presence in your daily life? Spend a moment in confession with God about it.

- In what ways have you avoided being as raw and honest with God as the psalmist is in Psalm 137? Why?

- In what specific ways can you enhance your prayer life with more raw honesty?

- Mark Vroegop writes in *Dark Clouds, Deep Mercy*: 'Lament is the language that calls us, as exiles, to uncurl our fingers from our objects of trust.' What objects of trust do you need to release today?





DAY FOUR: APRIL 3

CARE

- Who in your life is currently surrounded by a culture that may be at odds with their faith? How can you learn from their perseverance?

- Is there someone you know who has been thriving in an exile-like situation? How can you learn from their faithfulness and encourage them in return?

- Jesus calls us to love and pray for our enemies. Who in your life has caused you pain, mocked your faith, or made it difficult for you to follow Jesus? Ask God to soften your heart, bring healing, and remind you that his ways are better than the world's ways.

- How can the practice of lament deepen your compassion for others?

- Write down the names of those you've thought of today. Pause and pray for them-whether they are struggling in exile or even those who have mocked your faith.





DAY FIVE: APRIL 4

MOVE

Choose one person from your prayer list and reach out to them today—through a text, call, handwritten note, or small act of kindness. Your goal isn't to fix their pain, but to remind them they are seen, heard, and loved. Be intentional not to offer clichés or easy answers. Simply be present.

At the end of the day, take time to reflect:

- Who did you reach out to, and what did you do?
- How did it feel to move toward someone else's pain?

- What was their response?

- How did this experience challenge you?

- Where did you sense God opening a door or guiding your action today?





RESTORE US TO YOURSELF,
LORD, THAT WE MAY RETURN;
RENEW OUR DAYS AS OF OLD

LAMENTATIONS 5:21 (NIV)

WEEK FIVE: APRIL 6
SERMON NOTES



DAY ONE: APRIL 7

LISTEN

Read: Psalm 80

Restoration is something we all long for. Whether it's the restoration of a broken relationship, a wounded heart, or a struggling community, there's something deep in us that aches for things to be made right again.

Psalm 80 is the prayer of a people longing for restoration. Israel had wandered far from God, and as a result, they were suffering-defeated, broken, and desperate. Three times in this psalm, we see a repeated cry:

"Restore us, O God: make your face shine on us, that we may be saved." [vv. 3, 7, 19]

This wasn't just a passing request-it was a plea from deep within their hearts. They weren't asking for small fixes. They were crying out for God Himself to intervene, to turn His face toward them again, and to bring them back into His presence.

The path of lament is meant to bring us to a place of deeper and richer trust. A kind of trust that sees God as the one who walks with us in the darkest valleys and the one who will restore all things when He ushers in the New Heavens and New Earth.

This week, Psalm 80 will guide us in what it means to cry out for restoration. We cry for God's restoration no matter the results knowing that this very act of lament brings us into greater trust. Lament is not just to ask God to fix what is broken, but to trust Him no matter what happens-while holding onto the hope that one day, He will wipe away every tear from our eyes.

So today, we start by listening. Where do you long for restoration? Where is God inviting you to trust Him more deeply?

- As you read Psalm 80, what words or phrases stand out to you the most? Why do you think they caught your attention?

- Three times the psalmist cries out, "Restore us, O God; make your face shine on us, that we may be saved." (vv. 3, 7, 19). What does this repeated cry tell us about their longing for restoration?





- What is something in your life [or in the world around you] that you long for God to restore?

- The phrase “make your face shine on us” is an image of God’s favor and presence. How do you think God’s presence is connected to restoration?

- Restoration rarely comes on our timeline. How does this psalm challenge you to keep crying out to God, even when you don't see immediate results?

- As you reflect on this entire series, how has lament shaped your trust in God?





DAY TWO: APRIL 8

WAIT

- Re-read Psalm 80 slowly and spend at least 3 minutes in silence listening for God's leading.

- The psalmist asks, "How long, Lord God Almighty?" [v. 4]. Have you ever found yourself asking the same question?

- What does it feel like to wait on God without a clear timeline?

- Take a moment to acknowledge before God the ways you struggle with waiting. What fears or frustrations arise as you wait for His restoration?

- What truths from Psalm 80 or another passage of Scripture can serve as your anchor while you wait?





DAY THREE: APRIL 9

STRETCH

- Are there areas in your life where you have been striving for restoration through your own strength and ingenuity rather than surrendering it to God?

- In what ways do you find yourself doubting God's ability or timing in restoring what is broken?

- The psalmist acknowledges deep wounds but keeps crying out to God. Are there wounds in your life that you have ignored or tried to fix on your own instead of bringing them before God?

- Is there anything in your life that God is calling you to confess and surrender as part of your journey toward restoration?

- The psalmist calls on who God is, not just on what they want Him to do. How would your prayers change if they were rooted in God's character rather than just your current needs?





DAY FOUR: APRIL 10

CARE

- Who in your life is in need of God's restoration—whether physically, emotionally, or spiritually? How can you be a source of encouragement to them?

- How can you be a reminder of God's presence to someone who feels like their prayers for restoration are going unanswered?

- Are there people around you who need someone to lament with them rather than offering quick solutions? What would it look like to simply be present with them in their pain?

- Who in your life might be holding onto brokenness or past hurts? How can you lovingly point them toward the hope of restoration?

- Take time today to pray for those you've thought of. Ask God to meet them in their longing, to restore what is broken, and to remind them of His faithfulness.





DAY FIVE: APRIL 11

MOVE

Choose one person from your prayer list-someone who needs restoration in their life. Reach out to them today through a text, call, handwritten note, or small act of kindness. Your goal isn't to fix their pain but to remind them they are seen, heard, and loved. Be intentional not to offer clichés or easy answers-simply be present.

At the end of the day, take time to reflect:

- Who did you reach out to, and what did you do?
- How did it feel to move toward someone else's pain rather than avoiding it?

- What was their response? Did you sense they needed someone to stand with them in their struggles?

- How did this experience challenge or stretch you?

- Where did you sense God opening a door or guiding your action today?

- How has this journey of lament and restoration deepened your trust in God?



Join us this Easter Weekend

Palm Sunday

April 13th at 10am

Good Friday Service

April 18th at 7pm

Easter Trunk Hunt

April 19th from 10-12pm

Easter Sunday

April 20th at 9:30am or 11:15am

Scan this QR code or go to Nesconsetchurch.com/easter
for more information.

