

WEEK 5: WHEN I AM ANGERED

GROUP DISCUSSION GUIDE

PREPARE

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MAIN POINT

Grief is sometimes so overwhelming that there are no words. When there are words, they are often very raw. Psalm 137 is the corporate prayer of God's people being dragged into captivity. It is unfiltered, as they even want the children of their captors to suffer. Their context pulls the grief to the surface. Their city, Jerusalem, burns. The temple lies in ruins. They sit by Babylon's rivers, weeping for all they've lost. They don't grieve alone, and we must not. They grieve with hope that one day they will return to the holy city. And we grieve knowing we will receive an eternal city.

LEAN IN BREAK THE ICE

What is one of your favorite things about your hometown?

LOOK DOWN LOOK AT GOD'S WORD

Read Psalm 137

This is a psalm of lament. Share some verses that capture the psalmist's anger and pain. What troubles him? How does he respond?

In verse 1, what three actions do the exiles take? What triggers the weeping?

Look closely at verse 3—what two things do the captors demand, and what word describes these captors? Why does that make the demand even more cruel?

**LOOK OUT
IDENTIFY THE
RELEVANCE OF GOD'S
WORD IN THE WORLD**

The exiles wept far from home, longing for a community that had been torn away. Who around us is living a version of that—newcomers far from family, people displaced by loss, those grieving with no one beside them? What's one way our group could sit down beside them the way this psalm's community wept together (v. 1)?

**LOOK IN
APPLY GOD'S WORD
TO YOUR LIFE**

Is there anger or grief you've been either acting on or burying? What would it look like to hand it to God, the good Judge, instead? What would it look like for you to address that anger in community?