

# Crossway Life Group, Week of April 28

See sermon notes on [CMC's webpage](#) for background information

## Community

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Take time to share and pray for each other's concerns and joys.

## Scripture: Psalm 57 "Taking Refuge"

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### Reading & Discussing Scripture

- What is broken in your world that really matters?
  - How are you responding to these troubles?
  - How should we be responding?
- **Psalm 57** was written about a time when David hid to save his life from Saul (for background see **1 Samuel 20:31; 22:1-2**). It is a lament = a form of prayer used when people who are in trouble cry out to God for his help. It provides a good pattern for expressing our need as well as our trust in God.
- **Read Psalm 57: 1-11**
- What words does David use to describe his trouble? What kind of trouble is David facing?
- What words does David use to describe God? What do the images mean? What aspects of God are especially meaningful to him in that trouble? Why?
- What do Psalm 57 and other passages (Luke 19:41-44, Romans 12:15; Ecclesiastes 7:2-3) teach about lamenting? What does it mean and look like to lament *with faith in God*?
- *Speaking God's word in faith enacts God's will*. What did this look like for David? What might it look like for you and others in your group?
- Do you have any other questions about the sermon or the passage?

### The Big Idea

#### In our troubles, our praise of God calls forth God's salvation

*Sometimes, praise is in response to God's works*

Luke 2:29-31; John 20:29

*God's speech came before action; God spoke things into being*

Genesis 1:3; Psalm 33:9

*Our praise of God can awaken the dawn of His work*

1 Peter 4:11; Luke 11:13; John 15:7

*Speaking God's word in faith enacts God's will*

### Application & Reflection Questions

1. What helps you to express your heart, emotions, and will? It may include music, video, movement, shaping things, talking, ...
2. What lament from others can you join to "mourn with those who mourn"? Who has done that for you?
3. How can your group lament with you and for you?
4. Psalm 57 is an example of "Prophetic praise" = declaring God's will with power. Thinking of trouble that you or a loved one is facing, what would it look like to humbly tell God what you desire AND to declare what is God's will with authority?
5. Consider writing your own godly lament as a passionate expression of grief AND hope. See the sermon notes on the CMC website for a guide. <https://crosswaymchurch.org/sermon-archive/>

## Growing in Cross Cultural Understandings

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There is much variety in the way churches around the world respond to brokenness in our world. This can be evident, for example, in the kinds of songs and prayers in worship services. Some worship styles may emphasize crying out to God about the world's brokenness and need for God; other worship style may emphasize God's power and victory in this world. As seen in psalms, both approaches are parts of biblical lament. How would you describe churches you have experienced? What aspects of a church's culture and background affect if or how a church laments? What is valuable about different forms of lament?

## Serving beyond ourselves

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What are ways that your group can be for the benefit of people beyond yourselves? Perhaps it would include lamenting for and with others, as well as taking concrete action for their sake.

## Psalm 57 -- New International Version

***On For the director of music. To the tune of "Do Not Destroy." Of David. A miktam. When he had fled from Saul into the cave.***

<sup>1</sup> Have mercy on me, my God, have mercy on me,  
for in you I take refuge.

I will take refuge in the shadow of your wings  
until the disaster has passed.

<sup>2</sup> I cry out to God Most High,  
to God, who vindicates me.

<sup>3</sup> He sends from heaven and saves me,  
rebuking those who hotly pursue me—  
God sends forth his love and his faithfulness.

<sup>4</sup> I am in the midst of lions;  
I am forced to dwell among ravenous beasts—  
men whose teeth are spears and arrows,  
whose tongues are sharp swords.

<sup>5</sup> Be exalted, O God, above the heavens;  
let your glory be over all the earth.

<sup>6</sup> They spread a net for my feet—  
I was bowed down in distress.

They dug a pit in my path—  
but they have fallen into it themselves.

<sup>7</sup> My heart, O God, is steadfast,  
my heart is steadfast;  
I will sing and make music.

<sup>8</sup> Awake, my soul!

Awake, harp and lyre!

I will awaken the dawn.

<sup>9</sup> I will praise you, Lord, among the nations;  
I will sing of you among the peoples.

<sup>10</sup> For great is your love, reaching to the heavens;  
your faithfulness reaches to the skies.

<sup>11</sup> Be exalted, O God, above the heavens;  
let your glory be over all the earth.