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## Where are you God? - Psalm 22

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### Lessons Learned in Lament

1. Don't stop CRYING OUT.
2. Be HONEST and REAL.
3. Remember who HE IS.
4. Wait with PATIENT EXPECTATION.
5. PRAISE and TELL when answers come.

### Discussion Questions

- 1) What is the hardest part of prayer for you? Why do you think we struggle to pray?
- 2) How are you challenged by David's prayers to God in Psalm 22? How does the connection to the words of Jesus change the way you view this Psalm?
- 3) How can you use Psalms like Psalm 22 to help you to pray more honestly and intimately?