



Hebrews 12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, **2** fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. **3** Consider him who endured such opposition from sinners,

so that you will not grow weary and lose heart.

Psalm 22: 1-6 My God, my God, why have You left me alone? Why are You so far from helping me, and from the words I cry inside myself? **2** O my God, I cry during the day, but You do not answer. I cry during the night, but I find no rest. **3** Yet You are holy. The praises Israel gives You are Your throne. **4** Our fathers trusted in You, and You saved them. **5** They cried to You and were set free. They trusted in You and were not ashamed.

6 But I am a worm and not a man.

Icebreaker

Have you ever stood up for someone? Been a character witness for them? Can you share with the group?

Conversation Starters

1. What stood out to you from Brian's teaching?
2. At Orchard we have often used the image of 'two rails' to describe life. What do the two rails look like in your life? What are the things that you are currently celebrating AND what are your 'disappointments' or challenges?
3. Have you ever felt the disappointments in your life were pervasive, permanent, or personal? What helped you in your journey? Are you experiencing some of those challenges now?
4. What does lament mean to you? And is it something that has been a part of your life? Do you think it is the language of hope? Why or why not?
5. Why do you think it is important to remember we have 'such a great cloud of witnesses' (Hebrews 12:1)? Are there people who have served that way in your life?
6. Jesus made suffering 'redemptive'; he died and rose again to rescue and redeem us. Do you believe God can use your disappointments/pain redemptively - to shape you or prepare you to help others?