

Praying the News

Session 3 A Space for Lament

Questions for Conversation

Choose 2-3 questions that are appropriate to your group and the time you have.

1. What did you hear in the recording that spoke to you today?
2. How might we resist numbing our hearts in the midst of absorbing what seems like daily “bad news?” How do you understand your calling to pray the news? In this up-to-the-minute world of news alerts, acts of injustice and violence spin a web of human suffering that includes all of us. What are some of your personal practices of lament?
3. What makes it difficult to voice our sorrow and bring the anger we experience to prayer or conversation with others?
4. Is there a difference between having our hearts broken and having our hearts broken open? What might this difference look like?
5. What communal practices of lament do you remember being part of during times of tragedy and suffering? What else might faith communities do to practice lament?
6. How do you pray for enemies?

Group Spiritual Practice

The Book of Psalms is a prayer book. Sometimes we see ourselves, and our own heartache, in the words of the Psalms. Sometimes we can pray for others by imagining someone who needs the words. When we find our hearts broken open by a situation, we can pray a Psalm on behalf of another who is suffering injustice or violence. We ask who in a news story I’m aware of needs me to pray this Psalm for them today?

Each pair or triad is invited to:

1. Feel free to use a newspaper or news apps on your devices to draw you into a story you want to hold in prayer.
2. Read your Psalm aloud (once or twice).
3. Talk: What feelings, longings, hopes are evoked in you as you pray this Psalm?
4. Discern: Who needs the words of this Psalm (or a portion of this Psalm)? Who have you heard about in a recent news story that might make this Psalm their lament? Use your imagination to put yourself in another’s place. On whose behalf will you pray this Psalm?

Gather as a circle for a time of prayer. Each pair or triad may read a verse or two of their Psalm and say, “We offer pray on behalf

For example, in Psalm 94 we read, “They kill the widow and the stranger, they murder the orphan.” This might bring to your heart the story of an act of violence against an innocent person or a act of aggression that hurt many, including children. (Be specific about your person, place or situation.)

Amen.