



Permission to be Human
Pastor Rich Harris 06.15.2025

USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to discuss the weekend message.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session. Give priority to the needs and pace of your group members.

While the questions are important, remember your group's goal is to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

[Exodus 19:4] Exodus shows us the God who carries the afflicted with tender mercy.

[Judges 10:16] Judges shows us the God Who becomes impatient with our suffering and feels compelled to act.

[Isaiah 53:3] Isaiah shows us the God Who is the man of sorrows, acquainted with deepest grief.

[Zephaniah 3:17] Zephaniah shows us the God Who sings and dances and rejoices over us.

[Hebrews 4:15] Hebrews shows us the God Who feels empathy towards us in our weakness.

[John 11:35] John shows us the God Who weeps for us.

1. Pour out your complaint

[Psalm 5:1] ESV

Give ear to my words, O Lord; consider my groaning.

[Psalm 55:22] NIV

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

[Psalm 13:1-2] NKJV

How long, O LORD? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, Having sorrow in my heart daily? How long will my enemy be exalted over me?

2. Remember Who you're talking to

[Psalm 5:2] ESV

Give attention to the sound of my cry, my King and my God, or to you do I pray.

[Psalm 34:15, 17, 19] ESV

The eyes of the Lord are toward the righteous and his ears toward their cry, When the righteous cry for help, the Lord hears and delivers them out of all their troubles, Many are the afflictions of the righteous, but the Lord delivers him out of them all.

3. Prepare a sacrifice of praise

[Psalm 5:3] ESV

O LORD, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch.

[Hebrews 13:15] NLT

Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name.

All of the pain, the questions, the discomfort... I'll never have any of that in heaven... I will worship Him for all of eternity... but I will never have the chance to do it with pain. That's only in this life... We get certain moments in life, and we never get them back again. To take a moment of greatest pain, or greatest loss, or greatest confusion... and just grab it and determine, "I'm going to do the best I can to give him an offering that costs me. I'm going to give Him a sacrifice that I'll never have a chance to give Him again. I get this one chance at this painful moment." ...Don't waste your moments. They're painful, but they're priceless, and they shape us. - Bill Johnson

[Lamentations 3:33] NIV

For he does not willingly bring affliction or grief to anyone.

[Psalm 119:68] NLT

You are good and do only good; teach me your decrees.

Key Points:

1. ***Pour out your complaint***
2. ***Remember who you're talking to***
3. ***Prepare a sacrifice of praise***

Applications for the Week:

The sermon encourages us to pour out our complaints to God, even when it's messy. When was the last time you were truly honest with God about your struggles? What do you need to bring to God in prayer this week?

Discussion Questions:

1. In Psalm 5:1-3 what kind of language does David use to describe his approach to God? What does this reveal about his emotional state?
2. According to Psalm 55:22 what does God promise to do when we cast our cares on Him?
3. What does Hebrews 13:15 mean by a sacrifice of praise? How is this different from other types of worship or praise?
4. There is a difference between destructive grumbling and honest lament. Why is the relationship with God so important in making this distinction?
5. Why do you think God is not offended by our raw, unfiltered emotions, as seen in David's example? What does this say about God's character?
6. Why might it be difficult for some to be honest with God about their pain or disappointment? What are some barriers that keep us from bringing our true feelings to Him?
7. Offering a sacrifice of praise means choosing to worship God even when it costs us something. What would a sacrifice of praise look like for you right now?