



Small Group/Family Discussion Questions

Psalm 137

1. As a child, what did/do you do whenever you were home sick from school or had an unexpected snow day?
2. Describe a time when you got lost—in a new school, a store, on a trip somewhere, visiting a new town, hiking in the woods, etc. How did your sense of being lost make you feel?
3. Try to put yourself in the shoes of the Ancient Israelites who'd been uprooted from their homes and forcibly carried off against their wills to be resettled in a foreign land. How do you imagine that YOU might feel in that situation?
4. Why do you suppose it was so hard for them to sing the songs of their homeland? Wouldn't it likely have helped them to feel better in their current situation to sing familiar songs from their past?
5. In the Rodgers and Hammerstein musical, *The King and I*, Anna sings the memorable song, "I Whistle a Happy Tune." What do you think of these lyrics? How might they be helpful? Or, in what ways might they actually get in the way of a healthy lament?

Whenever I feel afraid
I hold my head erect
And whistle a happy tune
So no one will suspect
I'm afraid.

While shivering in my shoes
I strike a careless pose
And whistle a happy tune
And no one ever knows
I'm afraid.

The result of this deception
Is very strange to tell
For when I fool the people
I fear I fool myself as well!

And ev'ry single time
The happiness in the tune
Convinces me that I'm not afraid.

Make believe you're brave
And the trick will take you far.

You may be as brave
As you make believe you are

You may be as brave
As you make believe you are

6. The Psalmist makes abundantly clear that the worship life of God's people – at the Jerusalem Temple – was absolutely central to who they were as a community of faith. How does it make you feel when we can't all gather together for worship regularly?
7. What do you miss most about being together?
8. What practical things can you do this week to help stay connected with your fellow Redeemers?