



# DAILY DISCIPLESHIP GUIDE

“THE GRASS WITHERS, THE FLOWER FADES,  
BUT THE WORD OF OUR GOD WILL STAND FOREVER.”

**ISAIAH 40:8**



## **THIS READING PLAN IS FOR YOU!**

Hey Gospel City, this week we are going to lament. According to Pastor Mark Vroegop, “Lament is a prayer in pain that leads to trust” (Dark Clouds, Deep Mercy). Our world is hurting and broken. Our country is hurting and broken. We are hurting and broken. But the Lord is inviting us to turn to Him, to honestly express our complaints to Him, to ask boldly for Him to act, and to ultimately put our trust in Him (4 Steps of Lament taken from Deep Clouds, Dark Mercy). So this week we are going to do just that. As we lament we need to remember that “lamenting” is just the first of the 4 “L’s” from Pastor Trent and Pastor Stephen. So turn to the Lord with your pain and be reminded that He is abundantly worthy of your trust. But then live out the implications of the gospel we all trust in by leaving your world and entering into the world of someone who does not look like you so that you can listen to them and learn how to love them. We pray that this week would help you lament so that God can stoke the fire of your love for Him and your love for others.

## **THE FORMAT OF THE READING PLAN WILL BE AS FOLLOWS:**

### **READ:**

What you will read is living and active (Heb. 4:12). It has the power to revive your soul (Ps. 19:7). Its truth is worth more than fine gold (Ps. 19:10), and it will never fail or fade away (Is. 40:8). Go to it humbly, hear God speak, and be reminded of the Hope that you have in Jesus.

### **MEDITATE ON:**

Simply reading the Word is like briskly walking by a warm fire on a cold night. But meditation is like sitting by the warm fire so that it lights up for your face and warms your bones. (Don Whitney, *Spiritual Disciplines for the Christian life*). Therefore, pick a verse from each section to meditate on. What does it mean? What does it say about God? What does it say about you? What do you need to do to obey? You can pick any verse. But we will suggest a verse each time in case you have trouble picking one.

### **DISCUSS THIS:**

We do not want to just be hearers of the Word; we want to be doers of the Word as well. Ask yourself and those around you how you can apply the text, how you can obey the text, and how you can bring glory to your Father in heaven.

### **PRAY THIS:**

Pray to your Father that the Holy Spirit would empower the Word of Christ to become true in your hearts, your lives, this church, and this world. Pray the Word back to God. For he always answers us when we pray according to his will (1 John 5:14). And the best way to pray according to his will is to pray his Word!



# DAILY DISCIPLESHIP GUIDE

## GOSPEL CITY | LAMENT



### SUNDAY | JUNE 7

**READ: DANIEL 9:3-19**

**MEDITATE ON:**

“O Lord, hear; O Lord, forgive. O Lord, pay attention and act. Delay not, for your own sake,  
O my God, because your city and your people are called by your name.”

**V19**

**DISCUSS THIS:**

Describe Daniel’s pain: what is he feeling and why is he feeling it? What does Daniel ask the Lord to do? What reasons does Daniel give to trust in the Lord? Use Daniel’s prayer to guide your lament.

**PRAY THIS:**

Dear Father, help us to turn to you, for you are our only hope. This world is full of pain, suffering, and injustice because we do not fear you or keep your Word. You are righteous and holy and good; yet we are sinners reaping what we have sown. But oh Lord, according to your steadfast love, turn away your righteous wrath and listen to our pleas for mercy. You answered Daniel’s prayer for forgiveness by sending your Son, we ask that you would answer our prayer by sending Him again. Come quickly Lord Jesus. Amen.

### MONDAY | JUNE 8

**READ: PSALM 80**

**MEDITATE ON:**

Restore us, O God of hosts; let your face shine, that we may be saved!

**V7**

**DISCUSS THIS:**

In this Psalm the people need saving and they recognize that the Lord is their only hope. What do we need saving from? Why is the Lord our only hope?

**PRAY THIS:**

Dear Father, thank you for sending us the Good Shepherd. We all like sheep have gone astray. And our waywardness has led to suffering and pain and death. We have been separated from you, our guide and our protector. We have been ravaged and plucked and burned by the wolves of this world and by our own sin. But our Good Shepherd laid down His for us, He bore your wrath for us, so that we could be brought back to life, be restored, and have your light shine upon us! Continue to save us Lord, for you are our only hope. Amen.



## GOSPEL CITY | LAMENT

### TUESDAY | JUNE 9

**READ: PSALM 94**

**MEDITATE ON:**

O Lord, God of vengeance, O God of vengeance, shine forth!

**V1**

**DISCUSS THIS:**

No one is righteous. Not even one. We all deserve the wrath of God. So when is it appropriate to pray for God to punish other people's sins? Why is a Psalm like this in the Bible? (For kids: Everyone sins. Why does God forgive some people and not others?) As you lament, pray for justice and thank God that He has already justified you through Christ.

**PRAY THIS:**

Dear Father, break our hearts over our own sin before we think about praying about other people's sin. Help us to understand that the only reason your justice is good news for us is because we have been covered by the blood of Lamb. With that said, thank you for justice. Thank you that vengeance is for our mighty and awesome God. Thank you that the Judge of all the earth will do what is right. We pray that you would rescue the oppressed and convict the hearts of the oppressors. We pray that you would establish justice and righteousness for the sake of your holy name. And we pray that you will do it quickly. Amen.

### WEDNESDAY | JUNE 10

**READ: LAMENTATIONS 3:17-33**

**MEDITATE ON:**

"But this I call to mind, and therefore I have hope:"

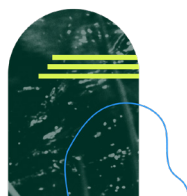
**V21**

**DISCUSS THIS:**

Spend some time "calling to mind" the character of God. Who is He? Considering everything that is going on in this world, why do we still have reason to hope? Then discuss a few specific mercies you have seen in your life today and use them to help turn your lament to trust. (Bonus: Listen to "Great is Thy Faithfulness").

**PRAY THIS:**

Dear Father, our world, our country, and our souls are bereft of peace. We have forgotten what happiness is, and we do not know how much longer we can take it. But this we call to mind and therefore we have hope: Jesus! Jesus is proof that your steadfast love never ceases. Jesus is proof that your mercies are new every morning. Jesus is proof that you are faithful. Jesus came to make a way for us to be reconciled to you, and Jesus is coming again to make all things new. Therefore, we will hope in you. Amen.





## GOSPEL CITY | LAMENT



### THURSDAY | JUNE 11

**READ: PSALM 85**

**MEDITATE ON:**

Let me hear what God the Lord will speak, for he will speak peace to his people, to his saints;  
but let them not turn back to folly.

**V8**

**DISCUSS THIS:**

The nations are raging, but the Lord remains enthroned in the heavens and His Word remains steadfast and true. What has the Lord said to you this week through His Word? What has He said to give you hope that He will restore us again?

**PRAY THIS:**

Dear Father, history is a pattern of your glory being displayed through you saving your people from your judgement of their sin. You saved Adam from his sin. You saved Noah from a world of sin. You saved Abraham, Moses, and David. You saved all of them from yourself for your glory. We pray that you would save us from yourself again. And thank you for Jesus, who makes it so that you can be both just and the Justifier. Amen.

### FRIDAY | JUNE 12

**READ: PSALM 77**

**MEDITATE ON:**

Will the Lord spurn forever, and never again be favorable? Has his steadfast love forever ceased?  
Are his promises at an end for all time?

**V8-9**

**DISCUSS THIS:**

The Psalmist uses the Exodus to help turn his heart from pain to trust in the Lord. What are some mighty deeds the Lord has done in your life? Use these evidences of God's character to help your lament turn to trust.

**PRAY THIS:**

Oh Lord, we cry aloud to you. We seek you because we know your steadfast love will never cease. We know your promises will never fail. We know you are gracious yesterday, today, and forever. We know these things because you sent Jesus to die in our place on a cross as a substitute for our sins, then you raised Him back to life to defeat sin and death so that whoever believes in Him will have life in His name. We believe this, Lord. Restore to us the joy of our salvation for your glory and our joy. Amen.

## GOSPEL CITY | LAMENT



### SATURDAY | JUNE 13

**READ: REVELATION 20:11-21:8 + REVELATION 22:12-21**

#### MEDITATE ON:

He who testifies to these things says, "Surely I am coming soon." Amen. Come, Lord Jesus!

**REVELATION 22:20**

#### DISCUSS THIS:

Unbelievers complain without hope. But as Christians we get to lament with the hope that God will answer all of our prayers! How can you use the promise of the Second Coming of Christ to turn your pain into trust?

#### PRAY THIS:

Dear Father, thank you for Jesus! Thank you for writing our names in the book of life through Him. Thank you for judging the living and the dead through Him. Thank you for crushing sin and Satan through Him. Thank you for wiping away every tear, every pain, every sin through Him. Thank you for making all things new through Him. Send Him quickly, Lord. Send Him quickly. And all the saints said "Come Lord Jesus, come." Amen.

