

Connect Group Notes

7 September 2026

Jo's message on Sunday explored what it means to pray in the "night seasons" of life, those times when things feel uncertain, painful, unresolved, or simply heavy.

Rather than offering easy answers, scripture gives us the language of lament and invites us to bring both our questions and our hope before God.

As we discuss together, let's reflect on what stood out, what challenged us, and what it might look like to become people who trust God's presence even when we cannot yet see the morning.

1. Where am I experiencing "night" in my life right now, and what might it look like to ask, "Where are you, O God?" before asking, "Why?"
 - Reflect on where God may already be present, even if His presence feels hidden or difficult to see.
2. What grief, disappointment, loss, or sorrow have I been carrying that I need to bring honestly before God in lament?
 - Is there something I have been minimising, avoiding, or trying to "get over" instead of allowing myself to grieve with God?
3. What signs of God's kingdom breaking into the darkness can I watch for this week?
 - Where have I seen glimpses of grace, hope, comfort, healing, or God's faithfulness that remind me morning is coming?

Apply

Jo exhorted us that.... “as we live in the middle and mystery of waiting for that final resolve our invitation is this: don't tidy it up. Find some space, sign up for a prayer slot, set aside a period of time this week or over coming weeks to lean into these questions:

‘ Where are you O God?..... Why Lord?’ ”

Pray for each other in this.