



# RED LETTER DAY

WEEK 1

**WHY HAVE YOU FORSAKEN ME?**

**Life  
Group  
Material**

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step.

## Read Matthew 27:37-46

This passage of Scripture describes some of Jesus' final moments as He was crucified on the cross. As He was tortured and ridiculed while hanging on the cross. Jesus cries out to God, "My God, my God, why have you forsaken me?"

- Describe your current level of trust in God. What types of events or situations help you build your trust in God?
- Why do you think it is so hard to trust God when we are in the midst of difficulties and so easy to trust Him when life is good?
- Describe a time when you felt completely alone or abandoned by God. How did God ultimately show you that you were not alone?
- We have all experienced tragedies and difficult situations that have caused us to ask the question, "Why, God?" What are some of the "why" questions you have asked?

## Read Isaiah 55:8-9, Mark 10:18, Romans 8:31-33, and Proverbs 3:5-6.

These verses show us that God is good, God is for us, and God is with us when we endure times of difficulty we don't understand.

- How have you experienced God's goodness while enduring tough times?
- What are some of the frustrations or questions you are currently struggling with? How can you change your "why" to "what" in each of these areas?
- How have the tragedies and trials you have experienced throughout your life ultimately shaped you into the person you are today? What did they teach you about God?
- What types of things do you think God is trying to tell you through the difficulties you're facing right now?

## NEXT STEPS

Here are some specific things you can do this week to help you better understand why we endure difficult times and how you can build your trust in God.

We all know someone who is currently going through difficult times. Do something this week to help comfort that person and show them that God has not abandoned them. Pray for them throughout the week. Ask God to comfort them and show Himself to them during their difficult time.

## PRAYER POINTERS

Use these prayer tips to talk it over with God and to expand your conversations in person:

- In prayer, confess those areas of your life where you feel abandoned by God. Ask Him for His comfort.
- Commit to God in prayer that you will strive to grow your trust in Him, especially during tough times.
- Thank God for all the times He has shown His love to you during difficult circumstances. Praise Him.
- Pray and ask God to show you "what" instead of "why" when it comes to enduring things in your life you don't understand.
- Pray for someone you know who's dealing with a tragedy or going through hard times. Ask God to comfort them.

**Don't let the conversation stop here. Keep Talking It Over online.  
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