

MENS LIFE BLOOMINGTON

Tuesday, October 28, 2025

Authentic Brotherhood | Soul Resilience Training

Overview: Every man faces moments when life hits hard — when loss, pressure, or disappointment leave the soul worn thin. We often think strength means keeping it together, pushing through, or staying busy. But the Bible shows us another kind of strength — one that doesn't deny pain but brings it honestly to God. As we step into Soul Resilience Training, we'll learn that lament isn't weakness. It's worship. It's how the soul recovers its breath.

Verse: The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, "The Lord is my inheritance; therefore, I will hope in him! *Lamentations 3:22–24 (NLT)*

Video: [Book of Lamentations](#)

Presentation Overview:

LAMENT — How Faith Breathes Under Pressure

L — Look to God: Turn toward God first, not away. Give your honest attention. Psalm 25:1

A — Acknowledge the Pain: Name what hurts. Be real about your loss, confusion, or fear. Psalm 62:8

M — Make Your Ask: Don't just describe the pain — invite God into it. Psalm 28:1–2

E — Express Remembrance: His faithfulness, mercy, and love. Lamentations 3:21–23 (NLT)

N — Nest in Community: Resilience grows in relationship. Let others help. Galatians 6:2

T — Trust and Thank: Choose trust before feelings. Thank God for being near. Psalm 13:5–6

Questions:

These questions walk you through the six-stages of the LAMENT acrostic.

- When's the last time you used the word "lament" in a conversation—or even heard someone else use it? Why do you think this word and practice has mostly disappeared?
- Where do you see lament showing up in your life or in the world today—at home, work, or the news—where do you see grief, loss, or injustice that needs to be named before God?
- Why do you think it's hard for men to express grief or lament openly? What holds us back—pride, discomfort, not knowing what to say?
- The video described lament as both protest and worship. How do you feel about bringing complaint or anger to God? Does that feel uncomfortable? Freeing? Have you tried it?
- Our verse God's mercies are "new every morning." Where have you seen fresh mercy or hope after a hard season?
- What's one small "resilient rhythm" you could practice this week to process pain with God instead of stuffing it down? Could it be a 5-minute lament prayer? Reading a Psalm of lament aloud? Checking in with a friend mid-week?

Closing Prayer: Lord, thank You that Your love never ends and Your mercies are new every morning. Teach us to bring our pain to You, not hide it. May this LAMENT acrostic be a useful tool. Help us find strength and hope as our faith breathes under pressure. Amen.