

# Lamentations

## Big Idea

**Lamentations is a reflection on Babylon's siege of Jerusalem and the following exile. Laments are a biblical way to protest something in life ("I don't like \_\_\_\_\_!" or "This just isn't fair!"). Laments help God's people process hard emotions and voice confusion, including deep negative feelings towards God. They also help us see that expressing grief well is actually a way to draw near to Him. None of us have experienced the Babylonian exile, but we've all experienced pain, and we can learn from how the author of Lamentations gives voice to the profound depths of his emotion.**

Scripture: Lamentations 3:22-24

## Discussion Questions

1. What has challenged you, changed you or confused you from this week's sermon or the book of Lamentations?
2. The author of Lamentations (as well as many Psalms and even Jesus) express negative emotions to God quite strongly. Suffering in silence is not a virtue in this book!
  - On a scale of 1-10, how well do you express negative emotion directly to God?
  - Why did you rate yourself where you did?
  - What in your life (family, culture, Church, the Bible, etc) has contributed to how you express negative emotion?
3. How often do we make the goal of crying out to God:
  - To get an answer from God?
  - To get closer to God?
4. The sermon listed several different aspects of God's faithfulness, including areas of our life that depend on His faithfulness:
  - His word is eternal (Psalm 119:89)
  - God is as faithful today as he was yesterday (Psalm 119:90)
  - He is reliable in all his works (Psalm 111:7)
  - He is faithful even when we are not (2 Timothy 2:13)
  - Dependent on His faithfulness: Our salvation (Philippians 1:6), Our sanctification (1 Thessalonians 5:24), Our future resurrection (1 Thessalonians 4:14)
  - Can you add any aspects of God's faithfulness to this list?
5. How do those components influence your freedom to humbly cry out to God in hard things?
6. What are you calling out to God for (either for yourself or on behalf of someone else)? What can you do this week to draw closer to God through that?