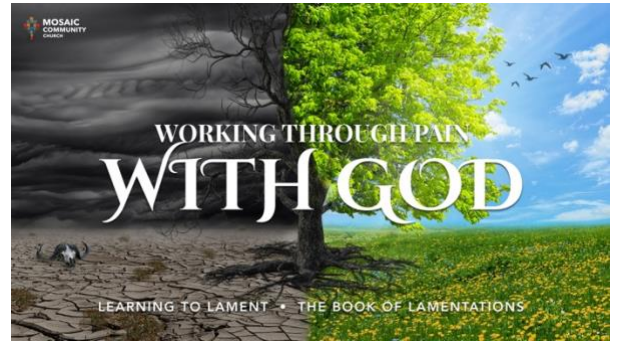


Part 8: Resolved without Resolution

Lamentations 5



1. In this sermon, we were encouraged to add an “(L)” for lament before the A.C.T.S. acronym (adoration, confession, thanksgiving, supplication) for praying. When suffering, why might we need to lament before we continue in prayer? _____

2. Read **Lamentations 5:1-5**.
 - a. In these verses, we see one of our greatest emotional pains is feeling isolated while we are suffering. What part does lament play in fighting against this isolation? _____

 - b. In what ways should knowing that God empathizes with our hurt influence how we treat others? _____

3. Read **Lamentations 5:6-7**.
 - a. We see the generational impact of sin in these verses. In what ways do having faith in Jesus and acknowledging our sin in lament impact those that come after us? _____

4. Read **Lamentations 5:8-14**.
 - a. These verses express a severe and detailed description of suffering which is a critical part of lament. Why is it important to not rush through our description of pain in lament? _____

 - b. In what specific ways will you increase both the details of your suffering and the feelings you have when lamenting to God going forward? _____

5. Read **Lamentations 5:15-17**.
 - a. Sometimes it is our own sin that is causing our suffering. Describe how these verses can help you change how you lament over your sin WITH God? _____

 - b. Read **James 4:8-10**. What do these verses tell you about the path to freedom from our sin? _____

c. The goal of lament is not to be miserable. What is the goal of lament? _____

6. Read **Lamentations 5:19**.

- a. In lament, after sufficient expression of suffering and feelings, we always progress to focusing on what? _____
- b. Write down everything you can think of that describes who God is and what that means to you?

7. Read **Lamentations 5:20-22**.

- a. Describe the author's state of mind in these last few verses of the book of Lamentations? _____
- b. Notice the back-and-forth struggle from feelings of pain to the truth of who God is, back to our doubts then to our bold requests. What specific encouragement do you get from this as you approach God in prayer, in lament? _____

8. The book of Lamentations does not end with all things being resolved. What does it mean to be victorious in Christ and yet continue to struggle? _____

9. Because of Jesus we won't lament forever, and we can trust God in this fallen, unresolved world. Our goal is to work through our pain WITH God and support one another. Who is someone you can reach out to or come along side of to offer support to today? _____

10. The people of Israel proclaimed in **Lamentations 3:21-24** where their hope is found. In what ways can you use these verses to assure you of God's constant love in your suffering? _____

11. **LAMENT AWAKENS TRUST WHEN THERE IS NO IMMEDIATE RESOLUTION**. What is your main take away from this lesson/this series and how will you apply it? _____
