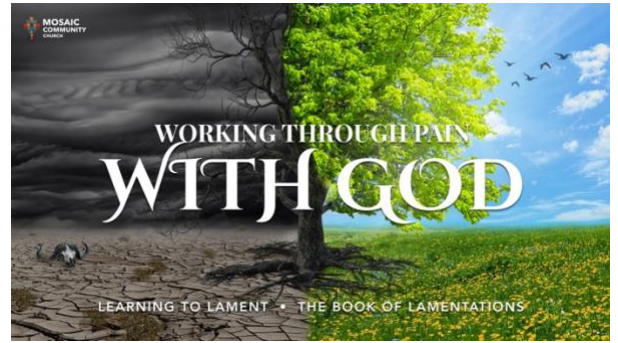


Part 3: From Pain to Hope

Lamentations 3



1. This sermon series is leading us through the book of Lamentations where we are learning how to work through our pain WITH God through lamenting. Part 1 taught us that suffering provokes me to repent and experience God's grace. Last week, we learned in Part 2 that since God wisely rules over suffering, I can trust in Him.
 - a. How have the first two messages changed the way you handle your suffering? _____

2. How would you currently describe God's faithful love for you? _____

3. Read **Lamentations 3:1-16**.
 - a. Chapter 3 is written from the different perspective of an individual who counsels Jerusalem to turn to God just as he has done. Who is believed to be the individual (the author)? _____

 - b. Lamentations is written as Hebrew poetry and was most likely written to be prayed or sung corporately. How will this poetically descriptive way of sharing pain and suffering with God help you to bring your pain to God? _____

4. Because sin is self-destructive, God brings pain into our lives to deliver us from sin. Why is it important to understand that God brings pain into our lives to BENEFIT us? _____

 - a. Read **Job 35:15** and **Psalms 119:67**. What do these say about the purpose of affliction? _____

5. In the sermon, we learned that lamenting is expressing our pain to God in order to trust Him. In order to do that we need to start with what we are FEELING but end with what is TRUE. Why is it important to state what is true in order to trust Him in your pain? _____

6. Read **Lamentations 3:17-20**.

- a. The author expresses his suffering and his feelings of hopelessness. Being honest with God about your FEELINGS is an important part of lamenting. What situation in life FEELS hopeless to you right now? _____
- _____

7. Read **Lamentations 3:21-24**. Stating what we FEEL to be true must be trumped with what we KNOW to be true about God. These verses are some powerful truths about our God. What is the most meaningful truth from these verses that you can apply to your situation? _____
- _____

8. In the sermon, we learned that God is in a COVENANT relationship with us that cannot be broken by our failures. He is committed to you for all eternity through Jesus Christ. How can these verses bring hope to an area of repeated sin/failure in your life? _____
- _____

9. What is one thing you can do to remember these truths about God's faithful love so you can lament and turn your pain to hope in all situations going forward? _____
- _____

10. Reflect on the loss you've experienced over the past 12 months. What do you need to lament over right now?

a. At home... _____

b. At work... _____

c. At church... _____

d. The pandemic (on-going issues) ... _____

e. Other... _____
