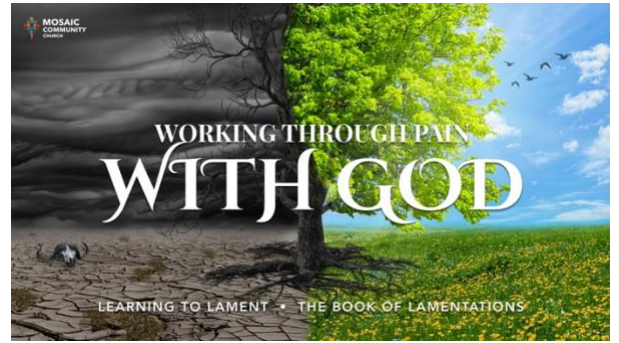


Part 2: Suffering and Sovereignty

Lamentations 2



1. Author Mark Vroegop says, “Lament is a prayer in pain that leads to trust.” How is facing your pain and mourning over it WITH God be healthier than ignoring it and pretending everything is alright? _____

2. In the sermon, we learned that God is sovereign over all things, and this can be challenging when we think of suffering and evil.
 - a. If this has challenged you, what questions has this created for you? _____

3. Read **Lamentations 2:1-9**.
 - a. Because the Israelites refused to repent of their sin, who personally destroyed the walls of Jerusalem? _____
 - b. Who did God use to bring this destruction? _____
 - c. This teaches us that God uses sinful people to accomplish His righteous plans in our lives. Why is this important to understand as a believer? _____

 - d. Read **Isaiah 10:5-7, 10, 24-25**. What do these verses say about God’s consequences for the evil people that He uses to accomplish His righteous plans? _____

4. In the sermon, we learned that as you enter into suffering, and walk through it, and pray for it to end – you will find strength and hope to know that God wisely rules over all things. In what specific ways will this truth encourage you to turn to God with your suffering? _____

5. Read **Genesis 45:5, 8, 20**. In this Old Testament passage, Joseph was sold into slavery by his brothers. After 13 years, they were reunited.
 - a. How do verses 5 and 8 show that Joseph understood that God wisely rules over suffering so he could trust Him? _____

- b. The brothers had an evil intention but, simultaneously, God had a good intention. How can you use the word “simultaneously” to help you remember this truth when **YOU** are suffering? _____

6. In Lamentations, the Jewish people knew God was sovereign even in His destruction of Jerusalem through the evil Babylonians. However, they still needed to express their pain and shock to God so they could get to a better place of trusting in Him.

- a. How does processing pain and suffering apart from God show you do not trust God? _____

7. Read **Lamentations 2:10-22**.

- a. How does the graphic descriptions of suffering in verses 10-13 help you to talk about your suffering to God? _____

- b. Verse 14 teaches us that godly leaders should lovingly expose sin in our lives. Why is it important for them to do this? _____

- c. What are verses 19-22 teaching us to do with our pain, questions, and suffering? _____

8. In the sermon, we learned there will be times when God will seem distant or nonexistent, like He doesn't care. If we don't bring these feelings to God in prayers of pain, we will end up dealing with them in unhealthy ways. What are some of the unhealthy ways you have dealt with these feelings? _____

9. Read **Luke 22:41-44** and **Matthew 27:46**. Even though Jesus, on His way to the cross and on the cross, knew God was working out His righteous plan – even He needed to LAMENT in light of the shock and horror of His suffering. How does Jesus' example of working through suffering with His Father encourage you to do the same? _____

10. What prayer of pain, suffering, questions, and feelings can you bring to God right now? _____

11. How does knowing that God wisely rules over your suffering lead you to trust Him? _____
