



A NEWSTORY CHURCH SERIES  
**LAMENT**  
THE SPACE BETWEEN PAIN AND PRAISE

**Series:** Lament

**Text:** Lamentations 1

Part 1 – Shame and Suffering

Pastor Tom Kang

- 1) Lamentations is a collection of poems that captures Israel's expression of grief in the chaotic aftermath of their exile and Jerusalem's destruction. To understand the historical backdrop, watch the overview of Lamentations by BibleProject together as a group. <https://bibleproject.com/explore/video/lamentations/>
- 2) Share a time in your life when you experienced extreme lament.
- 3) Read Lamentations 1.

*Jeremiah focuses on the lonely state of Jerusalem. He describes her as a widow who has suffered tremendous loss. He says that the once greatly populated and highly esteemed city is now void of people and mocked by her enemies (vv. 1, 5b, 6, 7b). Her allies "have become her enemies" and "her adversaries have become her masters" (vv. 2b, 5a). Mourning has replaced happiness; fear has won out over courage (vv. 3, 6b). No one is there to comfort her (vv. 3-4).*

  - a) Summarize the sense of desertion, desolation, and shame that you see in Lamentations 1. Identify the words or phrases that communicate these things.
  - b) Why has Jerusalem suffered so severely? (vv. 5-9)
  - c) What did the Jews do to warrant such a devastating judgment? (cf. Jeremiah 2:13)
  - d) From the end of Lamentations 1:11, Jerusalem starts to speak for herself. The city not only echoes and confirms Jeremiah's observations, but she expresses her agony by describing her pain. As a response, she calls on the Lord. What does she pray for in 1:20-22?
- 4) Lament is a normative expression of human experience, but has been dismissed in a lot of Christian context. Why do you think that is? What do you think is the consequence of the absence of lament?
- 5) Only those who have personally experienced the depths of sorrow can understand the anguish of a sorrowful heart. And no one has ever suffered the pangs more intensely than has the Son of God, Jesus Christ. He is called "a man of sorrows." Read Isaiah 53:3-6. How does this passage minister to you?
- 6) Towards the end of Pastor Tom's message, he asked, "What has been taken away from you this season?" What is your answer to that question of lament? Describe the emotions you experience as you think about it. Take time to express each feeling to God in prayer.
- 7) Who is someone you know who really needs to hear this message? Spend a moment praying for that person now and invite them to join you this Sunday for the continuation of this series.