



A NEWSTORY CHURCH SERIES
LAMENT
THE SPACE BETWEEN PAIN AND PRAISE

Series: *Lament: The Space Between Pain & Praise*

Text: *Lamentations 3*

Part 3
Pastor Tom Kang

- 1) What stood out to you the most from the message? Why?
- 2) Read Lamentations 3:1-20.
 - a) Here Jeremiah states that he has seen the affliction by the rod of God's wrath (v.1). List all the things to which Jeremiah compares his despair in 3:2-18.
 - b) Learning to lament is an uncomfortable yet important part of our spiritual growth. To what extent can you identify with Jeremiah's feelings expressed in this passage? How do you usually respond when you experience affliction in life?
 - c) Jeremiah was honest about the pain he suffered and intentionally remembered it (3:19-20). When you or someone you know is experiencing pain, what are some ways you can acknowledge the grief?
 - d) Jeremiah was still able to find hope even in the midst of affliction and pain (v. 20). What gave him this hope?
- 3) Read Lamentations 3:21-25 together. This is the turning point of this book. Notice how Jeremiah does not place his hope in improved circumstances; rather, he places his hope in the Lord (v. 24).
 - a) List the ways Jeremiah praises God in 3:22-25. What did Jeremiah specifically remember about God in order to keep his hope in the midst of his pain?
 - b) Why do you think it's important for us to place our hope in the Lord instead of in our desired circumstances?
 - c) How does remembering these truths about God's character bring hope to your own sufferings?
- 4) There is so much worth lamenting in the world right now. What is one broken reality that comes to mind? What about this broken reality would be wrong in God's eyes?
- 5) Consider Jesus' cross and empty tomb as you lament this broken reality. How did Jesus enter into the sufferings of the world? How does Jesus' resurrection change your perspective on the state of the world?
- 6) How did Jeff and Lisa's story challenge or encourage you? Share something that you felt or something that went through your mind as you were listening to their story.
- 7) Has God allowed you to see the pain in others recently? If so, what are you doing about it? Spend time praying for them and for one another.