Life Group Guide

Doom Scrolling: Finding Hope in the Scrolls of Jeremiah

Before You Begin

Open your time together in prayer. Ask the Holy Spirit to bring clarity and conviction as your group reflects on the Word of God.

Overview

This week's sermon walked us through two encounters with scrolls in the book of Jeremiah. The first was a scroll of lament and judgment, a record of the consequences of sin that extended not just to Judah but to every nation on earth. The second was a title deed, a real estate transaction Jeremiah made in the middle of national collapse, a radical act of hope rooted in God's promise to restore what seemed permanently lost. Together, these two scrolls point us to Jesus, the one who drank the cup of wrath on our behalf and who secures for us an inheritance that cannot be taken away.

Key Takeaways

- No one is more upfront about our sin than Jesus is, and no one is more committed to our redemption than Jesus is.
- The cup of God's righteous judgment against sin was meant for every nation and every person. Jesus chose to drink it completely so that we would not have to.
- God delights in restoring the ruined. The title deed Jeremiah purchased in the middle of devastation was a declaration that the present moment is never the final word.
- We live by the page, but God writes from the final chapter. He sees the finished work even when all we can see is chaos and brokenness.
- Death, loss, and hardship are real, but in God's hands they are a comma, not a period.

Discussion Questions

Opening Questions

These questions are meant to help your group ease into the conversation.

1. Have you ever made a decision that seemed completely illogical to the people around you but felt like the right thing to do? What was that like?
2. What is the first thing that comes to mind when you hear the phrase "the cup of God's wrath"? Is that a concept you have thought much about before?

Going Deeper

These questions engage more directly with the content of the sermon.

3. The sermon described how Judah's sin did not stay contained to Judah. It brought judgment on all the surrounding nations as well. What does that tell us about the nature of sin and its consequences? How do you see that principle at work in the world today?
4. Read Matthew 26:36-39. The sermon pointed out that the garden of Gethsemane literally means "wine press." Knowing that, how does that detail change the way you read Jesus's prayer in the garden? What does it reveal about what he was carrying?
5. The sermon described Jesus saying "I thirst" three times in John 19:28-30 as a picture of divine completion, the full drinking of the cup of wrath. How does understanding that moment as the fulfillment of Jeremiah's cup of judgment change the way you see the cross?
6. Jeremiah purchased land in the middle of a national disaster, when Babylon was literally surrounding the city. The pastor called this a radical act of hope. What made that act so significant? What was God communicating by asking Jeremiah to do it?
7. The sermon described the title deed as having a sealed portion and an open portion. The sealed portion could only be opened by the rightful owner when there was a dispute about who the land truly belonged to. Why do you think that detail matters? What might that imagery point toward?
8. The pastor said, "We work forward. God works backwards. The Lord sees the redeemed finished even when all we can see is a chaotic and broken present." Do you find that comforting or frustrating? Why?

Personal Reflection

These questions are meant to move the conversation toward honest personal application.

9. The pastor asked, "What present reality seems impossible to ever overcome in your life?" You do not have to share every detail, but is there an area of your life where you have been reading a very hard page and struggling to believe the book has a good ending?

10. The sermon described three responses to knowing that God writes from the final chapter. He said it allows us to release the anxiety of the unknown, empowers us to take the next step, and anchors our lives in his final victory. Which of those three do you most need right now? Why?
11. The pastor described some people as being "frozen at a comma," stopped at a painful moment in their story and unable to move forward. Is that you? If so, what would it look like to take one step forward this week, even a small one?

Practical Applications

Choose one or more of the following to put into practice before your group meets again.

Identify your comma. Write down the situation in your life that feels like a period but that you want to surrender to God as a comma. Pray over it and share it with one trusted person who can agree with you in prayer.

Meditate on Jeremiah 32:15. Read the surrounding context of Jeremiah's land purchase. Sit with the absurdity of buying land while the city is falling, and ask God what he might be asking you to trust him for in your own impossible situation.

Receive the full weight of the cross. Spend time this week slowly reading John 19:28-30. Let the words "It is finished" land not as a familiar phrase but as the declaration that your cup has already been fully drunk by someone else. Journal what that stirs in you.

Take one step. If you have been frozen, identify the single next step in front of you, not the whole staircase, just one step. Write it down, tell someone, and take it this week.

Closing Prayer

Close your time by praying for one another. Invite group members to share one thing they are trusting God with, and then pray over each person specifically. You may also want to close with a time of communion together if your group context allows for it, remembering that we drink the cup of blessing because Jesus drank the cup of wrath.

Next week the sermon series reaches its destination in the book of Revelation. Come prepared by reading Revelation 5 on your own before the service.