



The Sent Ones PT. III | Lamentations

Mark Allen | 09.20.26

Overview

This guide is based on a sermon walking through all five chapters of the book of Lamentations. Though it is a book of deep sorrow, each chapter reveals a distinct expression of God's grace. The central tension of the book is this: God is right, and we are not -- and yet his compassion, faithfulness, and sovereignty remain unchanged even in our darkest seasons.

Key Takeaways

1. God is righteous and he is right, even when his judgments are painful to experience.
 2. God keeps every promise he makes -- including the difficult ones, not just the comforting ones.
 3. God's loving kindness and compassion are renewed every single morning, no matter how dark the previous season has been.
 4. God will expose sin, and it is better to bring it into the light ourselves through confession and repentance than to wait for judgment.
 5. No matter what we have lost or how far we have fallen, God is still on his throne and his reign never ends.
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Chapter-by-Chapter Grace Themes

Theme of Grace 1 | God is right -- and knowing that is itself an act of grace 2 | God does what he promises -- all of his promises, not just the favorable ones 3 | God is kind and compassionate -- his mercies are new every morning

4 | God will expose your flesh -- confession and repentance bring freedom 5 | God is still on his throne -- his reign is from generation to generation

Discussion Questions

Opening Question

Take a few minutes to get the group talking before diving into the deeper material.

- When you hear the word "lament," what comes to mind? Have you ever had a season in your life that you would describe as a season of genuine sorrow?

Section 1: God Is Right (Lamentations 1)

Pastor Mark pointed out that Jeremiah acknowledged God's righteousness even in the midst of devastating loss. Recognizing that God is right -- even when circumstances are painful -- is itself a form of grace.

- Why is it so difficult to say "God is right" when we are in the middle of suffering or discipline?
- Pastor Mark drew a contrast between the sorrow of the world and a godly sorrow, referencing 2 Corinthians 7. What do you think the difference looks like in a person's daily life?
- Have you ever experienced a season where you came to the conclusion that God was right about something in your life, even though it was hard to admit? What did that process look like?

Section 2: God Does What He Promises (Lamentations 2)

Pastor Mark emphasized that God's promises are not selective. The same God who promises blessing also promises consequences for disobedience -- and he is faithful to both.

- We tend to claim the encouraging promises of God while forgetting the warnings. Why do you think that is?
- Pastor Mark used the example of Israel neglecting the Sabbath year for 490 years, resulting in 70 years of captivity. What does that pattern reveal about the patience of God and the seriousness of ongoing disobedience?
- Is there an area of your life where you have been treating a command of God as optional? How does this passage challenge that thinking?

Section 3: God Is Kind and Compassionate (Lamentations 3)

Lamentations 3 is the heart of the book. Even after describing deep personal anguish, Jeremiah pivots to one of the most well-known declarations of hope in all of Scripture -- that God's mercies are new every morning.

- Pastor Mark described Lamentations 3 as containing a series of trinities throughout its 66 verses. Even the structure of the chapter seems to point toward God's faithfulness. How does it encourage you to know that God embedded hope into the very center of a book about sorrow?
- Read or summarize Lamentations 3:22-26, where Jeremiah declares that God's loving kindness never ceases and his compassions never fail. Have you ever had a moment where this truth felt impossible to believe? What brought you back to it?
- Pastor Mark said, "Tomorrow the loving kindness and the compassion of God will be brand new again -- all you have to do is turn back to him." What does "turning back" practically look like for someone in your group right now?

Section 4: God Will Expose Your Flesh (Lamentations 4)

The sermon taught that God's exposure of sin is not an act of cruelty but an act of grace -- bringing what is hidden into the light so it can be purified. Confession is the believer's opportunity to get ahead of judgment.

- Pastor Mark referenced James 5:16, where believers are encouraged to confess their sins to one another so that they may be healed. Why do you think the church often struggles to create environments where that kind of honesty is possible?
- Pastor Mark drew a contrast between the daughter of Zion, whose punishment was declared complete, and the daughter of Edom, whose flesh was going to be exposed. What does it mean to you that the price for your sin has already been paid in Christ?
- Is there something in your life right now that you have been keeping in the dark? What would it look like to bring it into the light this week, whether through prayer, confession to God, or trusted accountability?

Section 5: God Is Still on His Throne (Lamentations 5)

The book ends with a declaration that even after everything has been stripped away -- wisdom, joy, music, and dignity -- God's throne remains. His reign does not depend on our faithfulness.

- Lamentations 5:19 declares that God rules forever and his throne is from generation to generation. How does the permanence of God's reign change the way you face seasons of personal loss or failure?
 - Pastor Mark closed with this challenge: "He is the same yesterday, today, and forever. If God is not going to change, the bigger question is -- who needs to change?" How do you personally respond to that question right now?
 - Pastor Mark described coming to God's throne and kneeling before him in repentance as an act of hope, not shame. What would it look like for your group to make that kind of prayer a regular practice together?
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Practical Applications

Choose one or more of the following to put into practice this week individually or as a group.

1. Acknowledge where God is right. Spend time in prayer this week asking God to show you an area of your life where you have been living as though you know better than him. Write it down and bring it to him in honest confession.
2. Review the promises you have been ignoring. Read through a passage of Scripture that contains both a promise of blessing and a warning for disobedience -- such as Deuteronomy 28 or Proverbs 3:1-12. Ask yourself honestly which of those promises you have been claiming and which you have been overlooking.
3. Practice confession with a trusted person. Identify one person in your life -- a spouse, a close friend, a group member, or a pastor -- with whom you can be honest about a current struggle. Take a step this week toward that conversation.
4. Begin each morning with Lamentations 3:22-23. Spend the next seven days starting your morning by meditating on the truth that God's mercies are new every morning. Let that truth set the tone for how you approach the day.
5. Pray as a group from a posture of surrender. Close your group time with a prayer that specifically acknowledges God's rightness, his faithfulness, his compassion, and his continued reign -- and ask him to do whatever is necessary to bring each person in the group closer to obedience and wholeness.

Closing Thought

Lamentations is not a book that ends with all the problems solved. It ends with a plea. But underneath that plea is a bedrock conviction -- that the God who allowed sorrow is the same God whose compassions never fail, whose throne never falls, and whose grace is always greater than our grief. The invitation of this book is not to pretend the sorrow is not real, but to bring it honestly before the One who is right, who is faithful, who is kind, and who is still reigning.

Scripture references in this guide are drawn from the sermon. Members are encouraged to read Lamentations in full during the week and look up each passage discussed in their own Bible.