

COMMUNITY GROUP QUESTIONS FOR LAMENTATIONS

WARM UP

How do you usually express or process your distress in hard situations?

EXPLORATION

1. Read Nehemiah 9:29-30. Recall together what brought the nation of Israel to the dire situation described in Lamentations 1:3-5 and 2:2-5. What is the warning for us?
2. Skim through Lamentations 2. Eugene Peterson has called lamenting “cussing without using cuss words.” What is the value of lamenting for Jeremiah and for us? Why do you think it is included in our Bible?
3. Read Lamentations 3: 21-26. Despite living through God’s judgment, what is vital to remember about our Lord? (I love that this is in the middle of all the laments, don’t you?!)
4. Compare/contrast the beginning and the end of Lamentations. Consider Lam. 1:1-2 and Lam. 5:16-22.

APPLICATION

Write a lament for yourself or your family or our nation. Or, if you are discussing this together without prior consideration, begin composing a lament. What should break our hearts because it breaks God’s heart? How has our nation (town, etc) neglected God’s commands? Where is there suffering because we (corporately) have served ourselves rather than God?

How can you include lamenting in your spiritual journey?