

Sermon Discussion Guide:

Learning to Lament

Scripture: **Lamentations 3:22–26**

Sunday, December 29, 2019

OVERVIEW

Regardless of how our year went—whether it was filled with health and prosperity or pain and suffering—we all have reasons to lament. This doesn't come naturally to us and must be learned. Through this passage in Lamentations, we see not only our need to lament but what the *content* of and *confidence* in our lament ought to be. **Lament leads to greater experiences of grace.**

CORROBORATING TEXTS

Hebrews 4:14–15, John 11:35, Luke 22:44

DISCUSSION QUESTIONS

1. Reflect back on 2019. What has been the most challenging for you? Where have you seen God's kindness most clearly?
2. In his book *Dark Clouds, Deep Mercy*, Mark Vreogop defines lament as "prayer in pain leading to trust." Does this definition resonate with you? Why is the trust element so essential to emphasize?
3. Why is true, biblical lament so foreign to us in today's day and age? For you personally, what keeps you from true lament?
4. What do we miss out on if we fail to lament? Have there been any times in your life or in the lives of others where you've seen lament lead to greater experiences of grace?
5. Pat mentioned three ways we can deepen our lamentation (**slow down** and take time to remember who God is, **listen** to what God is teaching, and **learn** how to cry out to God and believe his promises). Which of these do you need to grow in the most?
6. How do the promises of Lamentations 3:22–23 (the steadfast love of the Lord never ceases; new mercies every morning) help us in our suffering and trials?
7. What should the role of community be in our lamentation? How can we help each other in one another's lament?