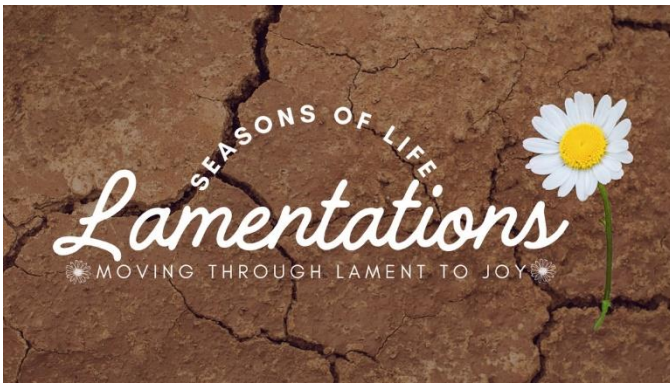


Discussion Questions: Lamentations

5th January 2025

Sermon 1: "Hope in the Midst of Despair" (Summer Waves)

- Grief and Hope:** Lamentations teaches us to turn our grief into an honest cry to God. How might expressing lament, rather than suppressing it, help us move towards healing and hope in our personal lives? Have you ever experienced a time when lament turned into trust?
- God's Faithfulness in Suffering:** The author of Lamentations declares that "God's mercies are new every morning" despite his suffering. How can we cultivate a habit of seeing God's mercies even when life feels dark or overwhelming?
- Turning Back to God:** The sermon emphasises repentance and God's redemptive plans. What role does confession and repentance play in rebuilding a broken relationship with God? Can hardship be an opportunity for spiritual renewal?
- The Purpose of Lament:** In a world that often avoids pain, why is it important to allow space for lament in our lives and communities? How might embracing "good grief" allow us to deepen our faith and bring hope to others?
- From Despair to Hope:** The sermon reminds us that God's faithfulness is unshakable, even when circumstances seem hopeless. How can the promise of God's sovereignty and redemption inspire us to trust Him more fully in times of personal or global crisis?



Discussion Questions: Lamentations

12th January 2025

Sermon 2: "Brokenness, Grace, and the Way Home" (Autumn Leaves)

1. **Facing Our Brokenness:**

The sermon invites us to name and acknowledge our pain rather than ignore it. What areas of brokenness—personal, emotional, or spiritual—do you need to honestly bring before God today? How does confronting pain deepen your relationship with Him?

2. **The Role of Judgment and Grace:**

Lamentations highlights both God's judgment and His mercy. How can understanding God's discipline as an act of love help you approach areas in your life where repentance is needed?

3. **Lament as an Act of Faith:**

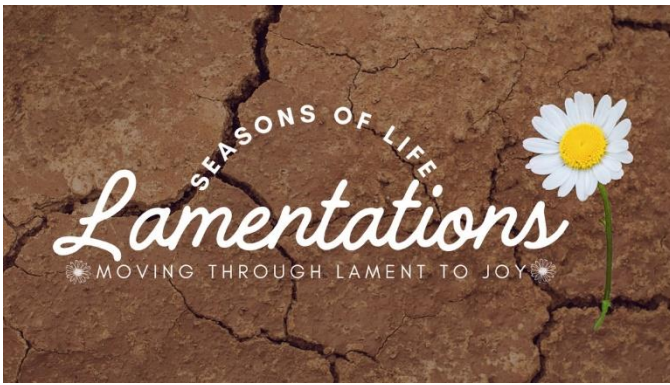
The poet models lamenting by pouring out his heart to God. How can practicing lament—honest prayer and raw expressions of pain—help you experience God's comfort and peace during difficult seasons?

4. **Hope in Suffering:**

The sermon points to the hope of restoration through Christ's work on the cross. How does this hope transform how you respond to suffering, injustice, or grief in your own life or in the world around you?

5. **Letting Go and Trusting God:**

Reflecting on the "autumn leaf" exercise, what burdens or personal struggles do you need to release to God? How might trusting Him to carry your concerns help you find freedom and peace?

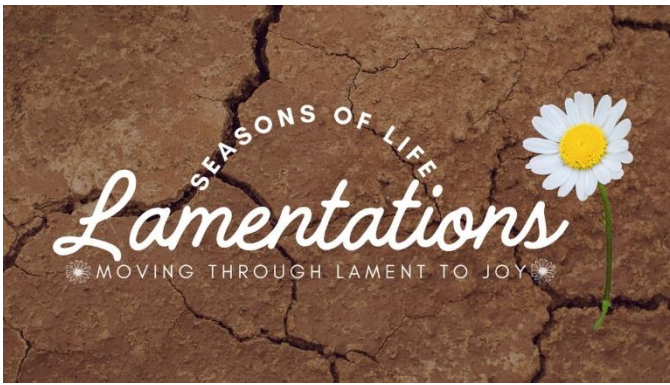


Discussion Questions: Lamentations

19th January 2025

Sermon 3: "Hope in the Darkness" (Winter Nights)

- 1. In what ways does the act of lament—honestly expressing anguish to God—reveal both the tension and the paradox of faith? How might this tension challenge the notion that strong faith requires stoic silence in the face of suffering?**
Consider how the vulnerability of lament can coexist with unwavering trust in God's character.
- 2. The poet's ability to "call to mind" God's faithfulness in the midst of unresolved suffering is a profound act of spiritual discipline. What does this reveal about the relationship between memory, hope, and perseverance in dark seasons, and how might a failure to remember God's faithfulness impact one's ability to endure?**
Reflect on the role of intentional remembrance in sustaining hope.
- 3. Waiting on God is described as an active process that requires trust and surrender. How does this form of waiting challenge our cultural tendencies toward instant gratification, and what might be the spiritual implications of resisting God's timing in favour of our own solutions?**
Explore how hope-filled waiting reshapes priorities and builds spiritual resilience.
- 4. The sermon suggests that suffering often exposes areas in need of repentance or renewal. How can the experience of pain serve as a catalyst for spiritual transformation, and what might this reveal about God's greater purposes in seasons of hardship? To what extent does this shift our understanding of suffering as purely negative?**
Reflect on the tension between suffering as a result of brokenness and suffering as a tool for growth.
- 5. Jesus' cry of abandonment on the cross echoes the poet's despair in Lamentations, yet His suffering ultimately secured eternal hope for believers. How does this connection deepen our understanding of God's presence in the midst of human suffering, and what does it reveal about the redemptive nature of pain within the Christian worldview?**
Consider how Jesus' experience reframes feelings of abandonment and despair in our own lives.



Discussion Questions: Lamentations

26th January 2025

Sermon 4: "Restorations After Ruins" (Spring has Sprung)

- 1. How can we reconcile the tension between God's justice and His mercy when we see suffering that feels overwhelming or unfair?**
Reflect on the destruction of Jerusalem and how this mirrors both the consequences of sin and the hope of divine restoration in our lives. Where do you see God's justice and mercy working together in your personal story?
- 2. Lamentations shows that honest lament can coexist with trust in God. How does expressing grief or frustration to God strengthen our faith rather than weaken it?**
Consider examples from Scripture, such as Jesus' cry on the cross or the people's collective lament in Lamentations 5. How can you apply this practice of faithful lament in your own spiritual journey?
- 3. The leaders of Jerusalem failed to shepherd their people with integrity (Lamentations 4:12-16). In what ways does leadership—whether in the church, community, or family—impact spiritual health and restoration?**
Reflect on the importance of accountability and righteous leadership in fostering faithfulness to God, particularly during seasons of challenge or rebuilding.
- 4. "Restore us to yourself, Lord, that we may return" (Lamentations 5:21) is a plea for spiritual renewal. What might restoration look like in your own life or community where brokenness, complacency, or despair has taken root?**
Reflect on the areas where you sense a need for renewal. How does God's promise of restoration, fulfilled through Jesus, give you hope to press forward?
- 5. In the sermon, the "spring season" symbolizes renewal and hope. What signs of spiritual "spring" can you identify in your current circumstances, even if you are still navigating a "winter" season of hardship?**
How can you hold on to God's promise of making "streams in the wasteland" (Isaiah 43:19) as you wait for restoration to unfold in His timing?