

LAMENTATIONS

LOOK ON MY SORROW

Sermon Discussion Questions

Loss, Loneliness, and Lament // Lamentations 1

- Have you ever been in a situation where you didn't know how to express the grief you felt? Or didn't know what to say to someone who was deeply sorrowful and hurting?
- Ecclesiastes 7:4 says, "The heart of the wise is in the house of mourning." What lessons have you learned through sorrow and suffering?
- Read Lamentations 1. How is this language different from the ways we express sorrow? If we (as Americans and evangelicals) have a hard time expressing lament, why do you think that is?
- How does the writer express the profound losses God's people have experienced? How does acknowledging those losses help us process our grief?
- What examples of brokenness around or in you have become common and unnoticed? How does lament help reorient your thinking towards the world and yourself?
- How do profound losses bring isolation and loneliness in Lamentations 1?
- How does sensitivity to others' losses move us beyond our self-focus? How can God use you (or has God used you) to reach out to others in their lament?
- How do worship and gospel community help us remember and hope in our lament?

