

# LAMENTATIONS

LOOK ON MY SORROW

## LAMENTATIONS 2:1-22

"THE WRECKED AND THE WRECKER"

FEBRUARY 25, 2024

### SERMON SUMMARY

Pastor Jeff continued our new Lenten series, looking at Lamentations chapter 2. At this point in the book, Israel's annual ritual of lament is getting more honest and specific. The congregation is pouring out precisely what they feel with guttural honesty before the Lord.

Pastor Jeff emphasized that although this "pouring out" is necessary if we ever hope to process our grief with the Lord, it is often the hardest. Sharing his grief at the recent passing of his brother, Pastor Jeff shared he knows firsthand how easy it is to run from your grief. As humans, we are prone to want the quick fix or the short track through our pain. But when we take that route, it usually only makes things worse. The Book of Lamentations reinforces that the only way to move beyond our pain is through it. Therefore, we must go deeper into it until we find the bottom, and there we find our suffering savior.

That is why Pastor Jeff reminded us that our only hope in the wreckage of our grief is not to hide from it but to survey it honestly so we can turn to God, the wrecker. Practically, it looks like:

- Acknowledge your grief
- Name your grief
- Take the grief to God

Once we are brave enough to move through that process, we can productively process it with God, who knows all too well what it means to grieve and suffer.

### DISCUSSION

#### Expand Awareness

- Pastor Jeff said that we all naturally avoid our grief until it becomes unavoidable, leading to worse consequences.
- What usually happens when you avoid your grief for too long?
- Why do you think we are prone to avoid grief until it gets worse?
- What benefit do we think we'll receive from avoiding it?



*This document can be used for either personal or group reflection.*

*Group facilitator: you do not need to ask every question but can select the best ones for your group dynamic.*

### Extract the Truth

### Read: Lamentations 1

- What jumps out to you from the text?
- What do you notice about how the Israelites spoke to God about their grief?
- Why do you believe they chose to be so honest and transparent about their feelings towards God?
- What about their understanding of God allowed them to speak to him in this way?

The worship leader in the text challenged the congregation to turn back to God by pouring out their hearts to Him like water.

- Why do you think God inspired him to use that type of language?
- What do you think he was practically asking them to do?
- How does this text change your view of God and how you should interact with him with your negative emotions?

### Explore Your Experience

- Have you had a personal experience with grief that they avoided it for too long? What was that like, and what did you learn from it?
- How were you able to process that with God?
- What would have happened had you acknowledged your grief earlier in the process?
- What would have been different in your relationship with God had that happened?

Pastor Jeff challenged us to put lament into practice by:

- Acknowledge your grief
- Name your grief
- Take the grief to God

- What do you think it means to “acknowledge our grief”?
- What do you think it means to “name your grief”?
- What do you think it means to “take our grief to God”?
- Spiritual benefit would you receive if you did these things?

## Experience Transformation

As a community, we want to not just learn about lament but put it into practice.

The best way to do that is to lament with church family, just like this Israelite congregation. Because when we “pour out our heat like water” with each other, it makes it easier to do it with God.

- Does anyone have a grief event they want to acknowledge?
- What feeling do you need to name about that feeling?
- What’s keeping you from telling God about that feeling?
- What small step can you take towards taking your grief to God this week?

## Prayer

Consider having everyone go around and pray for a negative emotion that they are currently feeling and turning it over to God.



**PREPARE FOR  
NEXT WEEK:**

Read Lamentations 3