

LAMENTATIONS

LOOK ON MY SORROW

LAMENTATIONS 5:1-22

“RESTORE US TO YOURSELF, O LORD”

MARCH 24, 2024

SERMON SUMMARY

In our final sermon in the book of Lamentations, Pastor Jeff reminded us of the age-old truth that healing only comes through time, tears, talking, and trust.

The book of Lamentations uses three different “T’s” to describe this process. We must...

- Tell God our Sorrow:
- Trust God with our Life
- Turn over our Doubts to God.

Telling our sorrows to God means being able to name specifically and explicitly to God what happened to us and how it made us feel.

Trusting God with our Sorrows means we look beyond our loss to find that God is the only true source of goodness and life.

Turning over our doubts to God means being honest while lamenting, because we will frequently go in and out of doubting God while waiting for the process to have its effect.

If we can implement these three biblical principles and repeat them as needed, we can properly lament our sorrows and hopefully find behind them our suffering savior who has healing in his hands.

DISCUSSION

Telling God Our Sorrows

Pastor Jeff said that previous generations were more familiar with death/suffering and, therefore, had healthier grieving methods. But today, death has become so far removed that we often struggle to be comfortable even talking about 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.

- What positive outcomes could come from thinking/being familiar with death/suffering?
- What do you think caused society to become uncomfortable with the topic of death/suffering?
 - How has that effected society?

Pastor Jeff said that one way we can improve our ability to grieve death and suffering is to practice telling God and others about our sorrows.

- Why do you think we need to tell God our sorrows? Why do you think we need to tell others about our sorrows?

Here is a framework of naming our lament to God and others:

- a. Explaining the event that happened.
- b. Naming the Feeling you experienced
- c. Processing the Impact it had on you.

- Which one is easiest for you?
- Which one is most difficult?

Trust God With Our Life

Once we've processed our loss/suffering with God, we find that the next step is to trust him to restore our lives.

Pastor Jeff explained that most of our loss/grief reveals what we viewed as our "life source"—the thing or person in which we find our significance and joy. In reality, God is the only true life source.

- Why does loss/suffering help reveal what we treasure?
- How can becoming aware of what we treasure help us turn to and trust God?
- What does God offer us that the things we lost will never be able to?
- How can we practically look beyond our loss to experience the life God offers us?

Turn to God With Our Doubts

Once we've done the work of telling and trusting God, we must anticipate that the work is not over. It takes time for God to bring healing and growth, and during that time, many doubts will surface.

- Has anyone ever experienced doubting God in their suffering? What was it like?

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- What helped you persevere despite it?
- How does anticipating the reality that doubts are a normal part of the process help you to fight them when they arise?

Application

- What has been your biggest takeaway from today?
- What do you want to put into action?
- How can this group help you this week?

Prayer

Take time to pray specifically for the actions steps members listed this week.



**PREPARE FOR
NEXT WEEK:**

Read Acts 12:25-13:3