

LAMENTATIONS

LOOK ON MY SORROW

LAMENTATIONS 3:1-39

"THE WOUNDED HEALER"

MARCH 3, 2024

SERMON SUMMARY

Pastor Jeff unpacked Lamentations 3 this week and the process we take, from understanding our grief to grasping the hope of God's promises for our future. He challenged us that if we do not allow our souls to reflect on our grief, we won't be able to see a way forward.

He said this is a three-part process:

1. Reflecting on your pain
2. Identify with others' pain
3. Considering a brighter future

When we take time to do this, however difficult it may feel, we will experience the ability to understand our grief productively. This will help knit us together with other sufferers so we can cling to the future hope of God's promises for us.

DISCUSSION

Expand Awareness

We know that reflecting on our experiences and our feelings is good for us, but it often feels too hard. Even though we know better, it can feel like taking painful steps backward that we are not sure will help how we feel.

- When was a time you felt like pausing to reflect on your pain was too difficult to do? Why was that?
- What would you tell yourself now that you are on the other side of that experience?
- Have you ever had a positive experience with personal reflection that led to productive growth? What was that like?



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 3**

- What jumped out to you from the text?
- Where do you see evidence of the author reflecting on his experience to see a path forward?
- Where do you see evidence of the author's ability to identify with others' pain?
- Where do you see evidence of the author finding hope in the future?

Jesus suffered in a similar pattern. He poured out his pain, and he identified with our pain, yet he clung to the hope/promise of God the Father as he marched to the cross.

- How does seeing this pattern in the life of Jesus help you as you seek to emulate it in your own life?

Explore Your Experience

Pastor Jeff said that we must learn to reflect on pain and experience so we can find the information God has been showing us that will inform our path forward. Finding that information helps us understand our pain and makes a path forward more clear and achievable.

- What insights/understandings do we usually find when reflecting that help unlock a path forward?
- How does it usually feel when you find those insights?
- How do they help you help us to be more productive in our grief and pain?

Pastor Jeff highlighted that when we understand our own painful thoughts and feelings, we are more equipped to identify and connect with others who are experiencing grief. But when we don't understand ourselves, we block ourselves from truly being able to understand others.

- Why do you think it is essential to understand your pain first to better identify/connect with others?

Lastly, Pastor Jeff said that when we reflect on our own pain and identify with others, we can consider a more hopeful future rooted in God's promise together.

- Why is it usually easier to grasp the hope of God's promises after acknowledging/reflecting on your pain?
- What usually happens to our pain when we see reality and hope for the future?

Experience Transformation

- What pain are you currently feeling/lamenting this Lent season?
- What is keeping you from reflecting more deeply on your experience?
- What is keeping you from connecting/identifying with others in your sphere?
- What is keeping you from being able to grasp the promise of a brighter future?
- Which of these do you feel a prompting from God to focus on this week?
- What is one thing you want to put into practice this week to grow in this area?
- What do you need from this group to stay on the path of processing our pain?

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 3:40-66