

# LAMENTATIONS

LOOK ON MY SORROW

## LAMENTATIONS 4:1-22

“EVIL NO MORE”

MARCH 17, 2024

### SERMON SUMMARY

As we continue in our lamentations series, Pastor Joey, like the rest of us, is beginning to wonder how much lament is enough. He shared that he feels the itch to move on to something more hopeful and “normal,” but God's word won't let us go yet. Lamentations 4 is the wake-up call that we must go deeper than we ever expected.

This week's sermon finds that although much ink has been spilled thus far on the Jewish people's pain, more is left in the tank. Only by letting ourselves relieve our pain as often as it resurfaces will we be able to journey to the hope on the other side.

That means that no matter how much we wish away our grief, we must accept that it never really goes away. And by accepting that it is a part of us for the rest of our days, we will have empathy for ourselves and others as we journey towards hope on the other side.

Pastor Joey, at this point in our series, challenged us to take our new understanding of Biblical lament and put it into practice with these two application points:

- For those struggling with grief, we allow ourselves to feel our pain and tell the story of our sorrows to those who love us.
- For those who are not suffering, we grow in compassion for those who are and listen to their pain without judgment.

And if we take the time to linger in our lament a little longer while doing these things, we can trust that we will move towards hope and healing in the hands of our suffering savior.

### DISCUSSION

This week, we are going to approach our questions a little differently. We want to do a mid-series “check-in” and focus on our application. Let's commit to answering these questions honestly to glean all we can from this series.



*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.*

**Series Reflection**

- What did you think/feel about the lamentation series when we started a few weeks ago?
- How are you feeling about the lamentation series now?
- What have you learned about lament that surprised you?
- What has been most helpful?
- What has been challenging?

**Personal Reflection**

- What have you learned about yourself? God? Others?
- What griefs/laments have surfaced so far?
- What is God teaching you about processing that grief/lament?

**Personal Application**

Pastor Joey said that hope is coming, but at this point in our series, two main action points are in the scripture that we must practice if we hope to learn to lament.

- For those struggling with grief, we allow ourselves to feel our pain and tell the story of our sorrows to those who love us.
- For those who are not suffering, we grow in compassion for those who are and listen to their pain without judgment.
  - Which one is harder for you? Why?
  - Which one is easier for you? Why?
  - Which one is God prompting you to grow in and why?
  - What one small action step will you take this week to grow in that area?
  - What do you need from this group to help you grow in that area?

**Prayer**

Take time to pray specifically for the laments members listed earlier in the discussion.