

Lamentations 1 | Trent Thompson

How do we lament the feelings of abandonment and isolation that come from suffering?

- Complaint
- Confession
- Request

1. Read Lamentations 1. What stood out to you from Lamentations 1 and the sermon?
2. Have you felt abandoned by God or friends before? How did you work through this time? What do you see in Lamentations 1 that helps?
3. Why is it important to talk to God about these feelings of abandonment?
4. Have you ever thought of your sin as a form of adultery against God that prevents you from closeness with Him? How does this view affect our feelings of God abandoning us?
5. If you talk to God when you feel abandoned what do you usually ask for? What does Lamentations 1 show us we should ask for?
6. Take time to pray together and lament circumstances in your life, in our church, and in our nation that you feel call for lament. Try to incorporate as many of the 6 elements of lament as you can in these prayers.