

Lamenting Through the Pain

Week of March 11, 2018



Message Recap:

Read Lamentation 3:1-26

It's a fact of our humanity that we are often ruled by our feelings, the chief of these being grief. Therefore, it's natural for us to run away from our pain, or to seek worldly things that can help us deal with it. The problem is, when we do this instead of turning to God, we are just filling our lives with that which is worth less. Life with God is life with faith, and that means we must choose faith over feeling every time. When we make the conscious choice to turn to God, giving him our pain, then we are living in true worship. It's not easy, but when we go to God, he helps us get "unstuck" from the past, gives us peace in the present, and ultimately makes us unstoppable in the future! True worship involves the soul-deep choice to submit the reality we can see to the one we can't by turning to God in faith, in spite of our pain.

Pray

Lord, oftentimes we have pain that feels unbearable, weighing us down and keeping us from knowing true peace. In our natural state, we don't always turn to you, even though we know that we should. Lord, help us to turn to you no matter what we're going through, especially during the most painful times in our lives. Make us unstoppable forces for change in a world that's constantly searching for worth-less ways to escape the pain. Help us be the light that shows a better way – a way that always leads back to healing in you.

These Digging Deeper questions can be used the week following the Sunday message. You can use these questions for personal growth and development, or as a guide for your family or Connect Group discussions.

Getting Started

- What is something hard that happened to you in the past week or so? How did you deal with it?
- What is the biggest pain in your life that you're willing to share with the group?

Digging Deeper

1. Based on the event you just shared, how did what you went through make you feel? What were the main emotions you were dealing with?
2. Discuss things we tend to do when a crisis collides with our faith (for example: What or who do we turn to...do we run from or run to God).
3. Why do you think we tend to (at first, or at some point in a trial) turn to everything *but* God?
4. Read Lamentations 3:1-26. Discuss the difference in tone between the first part of the Scripture (v. 1-19) and the second (v. 20-26). What do you think brought the writer this change of heart?
5. Have you ever gone through grief that you ultimately gave to God? How was this different than other times when you didn't turn to God in your pain?
6. As you've dealt with grief, what is it that gives you hope?
7. What is the "Bigger Story" that God is writing when it comes to us and our trials?
8. Are there any ways that the group or our church can help you with pain you're currently still dealing with?

Living Jesus

Jesus was the perfect example of turning to God. He always turned to him, especially when he was in pain and struggling. On the cross Jesus cried out in his pain – both physical and emotional. He knew that turning to God was the only way to find peace, and that he had to turn to him for **EVERYTHING!** Jesus was faithful to the end, even an end on the cross. Though it may seem hard, remember that he is with you, and he can help you turn to God and find comfort in your pain.

What's Your Story?

If you haven't yet, write out your lamentation (what happened to you, how it made you feel, and how you turned to God for hope)? Then share it with at least one person you're close to.

Share your personal story with us [here](#) or go to MySevernRun.com and choose Share Your Story under the Forms tab.