

Lamentations 3 – Despair and Remembrance

February 22, 2026

Text

Lamentations 3:1-11; 19-27

A Framework for Grief

- The whole person is _____.
- Don't _____ your grief.
- You cannot _____ for grief.

Remembrance Brings Comfort

- Remembrance starts with God's _____.
- Comfort comes by living _____.
- Remembrance serves to _____.

Life Enrichment

What about today's teaching challenged, disturbed, or encouraged you?

- Do you journal? If you do, how has it helped you?
- Reading Lamentations 3 as an entry from Jeremiah's personal journal helps us to better understand the passage. What emotions does he express? What complaints does he lodge? Where does he find strength and hope?
- Pastor Dave mentioned Elizabeth Kubler-Ross's five step cycle of grief – denial, anger, bargaining, depression, and acceptance. Which of these qualities do we see Jeremiah exhibiting in Lamentations 3? Which are left out and why?
- Which of the three principles in Jeremiah's framework for grief were new to you? Which do you think is most helpful in processing pain?
- Why is it essential for suffering people to reflect on the character of God?
- Why do you think people prefer their troubles to be over in one grand event rather than living through a process of grief and loss? How does embracing the process change the way we live day-to-day?
- The phrase "They are new every morning" means that God's compassions are tailored to fit each day's challenges. How might this change the way we face each new day?
- How can we move from resistance toward adversity to acceptance? How does yielding to God help the healing process to begin (Lam 3:24-26)?