

Lamentations 5 – What can We Trust? Where can We Turn?

March 8, 2026

Text: *Lamentations 5:19–22*

What Can We Trust?

- God _____.
- “The presence of pain does not _____.”
- _____.

Where Can We Turn?

- _____.
- _____.
- “_____ to return to you.”

Life Enrichment

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

- If you have been married, what did you find to be the most difficult adjustment to married life? How did you make that adjustment?
- When you have faced tough times, what have you tried to gain peace and stability? What has worked? What has failed?
- Why do we tend to assume that pain and hardship are outside of God's plan? How does God use life's difficulties to help us?
- Even though we know God's character, we still struggle during tough times. What are the questions you struggle with most during seasons of adversity?
- Sometimes adversity is a result of our disobedience to God. How difficult have you found the process of turning from those behaviors?
- Why do you think it is necessary that we ask God to "cause us to return" to Him? How is that different from how we typically pray about spiritual restoration?
- What can we do this week to strengthen our sense of security in God and our trust in His never changing character?