



Weekly Sermon Based Discussion Questions

November 16, 2025

DIGGING DEEPER:

- 1.** When was the last time you allowed yourself to truly lament before God—not just feel sadness, but honestly pour out grief the way Scripture models? What keeps you from doing that more often?
- 2.** When your circumstances are shouting, “You have no future and no reason to hope,” what voices or habits tend to shape your response—fear, control, withdrawal, anger, numbness, or something else? What would it mean to intentionally “call to mind” the faithfulness of God in those moments?
- 3.** The writer’s circumstances didn’t change before he declared, “Great is Your faithfulness.” How do you respond when God’s faithfulness is something you must trust rather than something you can see? Be honest—what does that reveal about your faith right now?
- 4.** God’s mercies are “new every morning.” If His mercies are truly fresh every day, what “yesterday mercies” are you still trying to live on?
- 5.** Lamenting is not complaining about God but crying out to God in faith. What would change in your spiritual life if you stopped avoiding your pain and instead brought it honestly, consistently, and faithfully to the Lord? What is one specific step you need to take this week to practice biblical lament?
- 6.** The people in Lamentations had reached the point where they were powerless to change anything around them. Where in your life are you still trying to control something God is inviting you to release? What fear is driving your reluctance to surrender it?
- 7.** The author confessed that his soul had been without peace so long that he couldn’t even remember what peace felt like. Is there an area of your life where you have settled into spiritual numbness or resignation? What lie have you believed that keeps you from expecting God to move there again?
- 8.** The writer’s turning point came when he intentionally called truth to mind. When suffering hits you, which truths about God do you forget first? And if you traced your reactions back to their source, what does that reveal about the real condition of your heart?
- 9.** The people of Judah grieved the loss of everything familiar—home, stability, identity, community, security. If God allowed the things you depend on most to be stripped away, would your faith survive the loss?