

A Poem of Pain

Lamentation 1:1-22

Introduction

Exposition

1. The Catastrophe
Contrast

Curse

Comfortless

Comprehensive
2. The Cause
3. The Confession
4. The Cry

Application

1. Recognition and expression of suffering
2. Identification with suffering
3. Examination and confession in suffering
4. Instruction from suffering
5. Precaution against suffering
6. Supplication in suffering



Group Discussion and Application

1. In v.1 Jerusalem is personified as a widow. What does this image depict?
2. What are some of the purposes of suffering?
3. How has God used suffering/sorrow in your own life?
4. Five times in our text it says that Jerusalem had no one to comfort her. What is comfort?
5. In what specific ways have other people provided comfort to you in the midst of suffering/sorrow?
6. What are some of the sins that a community (in the world, or a church congregation) might be guilty of committing?
7. How can we discern if our suffering is the consequence of some sin?
8. When sin is the cause of suffering in someone's life, how can we empathize with their suffering without excusing their sin?



Personal Reflection and Response

1. What suffering/sorrow are you currently experiencing in your life? How might God be using this in your life?
2. Whom do you know who is suffering/sorrowing? What specific action can you take to provide comfort to them?
3. In preparation for next Sunday, read Lamentations 2.



Family Homework

1. List some synonyms for the following terms: *sin*, *sorrow*, *suffering*, *comfort*.
2. Memorize a verse that brings you comfort when you are suffering/sorrowing.