

Coping with Crisis

Lamentations 2:1-22

How was Judah to respond to the destruction of Jerusalem?

1 _____ for sin.

2 _____ God's hand in suffering.

3 _____ the loss.

4 Express _____

5 _____



Group Discussion and Application

1. The most important thing to remember about suffering is...
2. Tell about a time you suffered great personal loss/sorrow. What helped you most to deal with this situation?
3. What are some lessons you have learned from your own suffering?
4. Lamentations is a series of poems that honestly express great sorrow. What is the value of expressing our sorrow and loss?
5. What are some examples of communal suffering in our world? How might Christians provide comfort in these situations?
6. Give an example where the 'innocent' suffer because of the sin of others. How should the 'innocent' respond?
7. How does the fact that suffering comes according to the will of God bring greater comfort than the alternative (i.e., suffering as accident/fate/chance)?
8. In the context of dealing with sin in the church, 2 Corinthians 7:8-10 says that godly sorrow brings repentance. Explain what Paul means. How does godly sorrow differ from worldly sorrow?



Personal Reflection and Response

1. What suffering or loss are you presently experiencing in your life?
2. How are you dealing with it? How might you more effectively deal with it?



Family Homework

1. What is the greatest sorrow or loss you have experienced in your own life?
2. Who helped you most to deal with this sorrow/loss?
3. What did they do to help you?