

Sorting Out Suffering

Lamentations 3:1-66

Four lessons on suffering:

1 Suffering is _____ .

2 Suffering may be _____ .

3 Suffering does not _____ hope.
A. The grounds for hope.

B. The perspective of hope.

4 Suffering calls for personal _____ .
A.

B.
1.
2.
3.

C.

D.

E.

F.

G.



Group Discussion and Application

1. What are some of the lessons you have learned from your own suffering and sorrow?
2. List some typical responses to suffering.
3. Verses 21, 24, & 25 speak of hope in the midst of suffering. What is hope?
4. Give some Scripture examples of godly responses to suffering and sorrow.
5. Suggest some practical ways we can maintain a proper perspective on the sufferings of this life.
6. In 1Tim 1:1, Christ is called the believer's hope. What does this mean?
7. What is indicated by the two conflicting statements found in v. 18 (the loss of hope from the Lord) and v. 21 (the presence of hope in the Lord)?
8. Explain the statement in v. 33, "God does not afflict willingly."



Personal Reflection and Response

1. What suffering/sorrow are you experiencing in your own life?
2. How have you responded?
3. How should you respond?
4. How might God be using this suffering/sorrow in your life?



Family Homework

1. Have each family member share a lesson they have learned from their own suffering and sorrow.
2. List some Bible characters who experienced suffering/sorrow. How did they respond?