

A Prayer from Pain

Lamentations 5:1-22

In the prayer from pain recorded in Lamentations 5, we find...

1 Acknowledgment of _____ .

2 Acknowledgment of _____ .

3 Acknowledgment of _____ .



Group Discussion and Application

1. A number of types of suffering were mentioned in our study. Review these, and add any others you can discern.
 - How do we determine what type of suffering we are experiencing?
 - How important is it to discern the reason for our suffering?
 - What type of suffering do you usually experience?
2. How does your typical prayer in the midst of your suffering differ from the content of the prayer recorded in Lamentations 5?
3. What are some of the lessons you have learned about God and about yourself from your own suffering?
4. Why is an understanding of God's sovereignty important when dealing with pain and loss?
5. Cite some Scriptures that teach us about God's sovereignty.
6. What lessons have you learned about suffering from Lamentations? How have you been able to apply these in your own life and ministry?
7. The context of Lamentations is communal suffering. What applications do you see for the corporate church congregation today?
8. What verses of Scripture bring you comfort in the midst of suffering and sorrow?



Personal Reflection and Response

1. What is the most important lesson you learned from our studies in Lamentations?
2. How will you apply this lesson in your own life and ministry?
3. Memorize Lamentations 3:21-23.



Family Homework

1. Locate some songs that speak of God's mercy, faithfulness, power. Sing these together as a family during the week.
2. Find some verses that talk about God's control. Discuss these.