

Learning to Lament: An Overview | Trent Thompson

Learning to lament is important in the life of every Christian and every church.

- Need to Knows: The Book of Lamentations

- Why is lament important in the life of a Christian and a church?

- What does biblical lament look like?

- Choosing to talk to God
 - Complaint
 - Confession
 - Request
 - Trust
 - Action

1. What stood out to you from the sermon and why?
2. What experience do you have with lamenting? Would you say you are familiar and comfortable with it or not?
3. Why do you think many of us are prone to silence people (perhaps unintentionally) who are expressing lament?
4. Which of the 6 parts of biblical lament do you find easiest to identify with? Which do you find the hardest? Why?
5. Throughout our study of Lamentations we will see that there are applications to be made in our personal lives, in our lives as a church family, and in our nation. From your perspective, what things do you see currently that call for lament in each of these areas?
6. Pick any one of the 5 laments in the Book of Lamentations and read it together. Now take time to pray together using verses from the chapter you read to express lament to God over the items you mentioned in the previous question.