

**Lamentations 3** | Trent Thompson

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**What does Lamentations 3 teach us about expressing trust in God when we lament?**

- Expressions of trust and grief in the same breath are not contradictory. (1-20)
- What we choose to think about matters very much. (21)
- It is important to speak the same great and final word God speaks when we lament. (22, 31-33)
- It is important to speak the daily mercies of God when we lament. (22-23)
- Let complaint give way to humble silence. (26-30)

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## DISCUSSION & REFLECTION QUESTIONS

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1. What stood out to you from Lamentations 3?
2. Do you find it encouraging, odd, or something else entirely that this lament moves so quickly from complaint to expressing trust? Why?
3. What is something challenging you are facing right now? How would you express complaint to God about this? How would you express trust?
4. Taking control of our thoughts can be very hard. Have you found any practical tools in your own life for doing so?
5. What are some examples of God's mercy which we can focus on, which are renewed each morning, regardless of our circumstances?
6. What has God done in your life which has caused you to trust Him, and to which you can return when that trust is threatened?

**Memory Verses:** Lamentations 3:31-33

*For the Lord will not cast off forever, but, though he cause grief, he will have compassion according to the abundance of his steadfast love; for he does not afflict from his heart or grieve the children of men.*



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