

**“GOD. I’M HURTING - BUT IT’S MY FAULT”**  
**LIFEGROUP STUDY**  
**Feb. 14, 2021**  
**PARTICIPANT NOTES**

Welcome to our two-part series, “God. I’m Hurting!” In part one of our series, we explored the place and power of lament. We learned that lament is a passionate expression of sorrow or grief found throughout the Scriptures. For part 2, we’ll focus on this truth – the answer to every lament is found in Jesus. Lamenting is a necessary part of how we process hurt, but there is a direction we should pursue, an outcome we are designed to experience – the love of Jesus. Today, let’s journey together to understand more of the place and power of lament, and how we can move forward intentionally with Jesus as our destination.

**ICEBREAKER:** Road Trip!

What road trip have you been on that has been particularly memorable for you? Did you have every part of that journey planned before you left home, or did you leave parts of it up to what you might discover along the way? Share your memorable road trip adventure with the group.

**STUDY:**

- On Sunday, Pete talked about how we can lament even from a place a guilt. We can lament even when the suffering and pain we feel is self-inflicted or the natural consequence of our sin. **What do you think of this idea?**

For our study time, we’re going to read some words penned by Jeremiah the prophet as he laments the destruction of his nation, Israel. **What can we learn from Jeremiah about the place and power of lamenting? How can we, like him, find hope on the other side?** These are questions to keep in mind as we journey together through lament.

READ: Lamentations 3:1-24

- In this chapter, Jeremiah uses some descriptive imagery to express his hurt and the hurting he sees all around him. Go back through verses 1-20 and write or speak out the imagery you find there. **Why is this imagery so powerful? How might using imagery help you in forming your own lament?**
- In his lament, Jeremiah expresses that some of the hurt he is experiencing is a direct punishment from God. **How might I know if my hurt is a natural consequence of living in a broken world, or a direct result of my sin? How might my response change if I feel my hurt is a direct result of my sin?**

- In vs. 21-24 Jeremiah comes to a new point in his journey of lamenting. **What key words or ideas does Jeremiah use to express this part of his journey?**
- **What is a key takeaway for you about lamenting from this section of Lamentations 3?**

### JESUS – The Answer to our Lament

In our seasons of hurting, as we lament, we can rest in the truths we find in Scripture about Jesus. You are not alone. Jesus is with you as you lament. He has a glorious future prepared for you. Here are some truths we find in Scripture that can guide us to experience Jesus, the Answer to our lament.

- i. We lament, but we never give up.

READ: 2 Corinthians 4:14-18

- **In verse 14, what does Paul say we know?**
- Paul was well acquainted with hurting and lament, yet he has a unique perspective. He says, “For our present troubles are small and won’t last very long.” vs. 17 NLT **How can he say that?**
- **What does Paul mean when he says we should “... fix our gaze on things that cannot be seen.”? (vs. 18)**

- ii. We lament, but we hold on to our hope.

READ: Romans 8:24-26

- **What do these verses teach us about holding on to hope?**

- iii. We lament, but we don’t lose our joy.

READ: 1 Peter 1:3-7

- **Why is it important to hang onto joy in our seasons of hurting?**

- iv. We lament from a place of victory.

READ: 1 Corinthians 15:55

“O death, where is your victory? O death, where is your sting?” NIV

- **How can lamenting from a place of victory change our perspective?**

v. We lament, but we anticipate glory.

READ: Romans 8:18

“I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.” NIV

- **What does it look like to anticipate glory, even in our time of lamenting?**

#### **NEXT STEPS:**

Here are some websites and resources that can help you take a next step in processing hurt in your life.

Celebrate Recovery <https://www.creeksidechurch.ca/celebrate-recovery/>

Creekside Cares <https://www.creeksidechurch.ca/care/>

The Coping Centre <https://www.copingcentre.com/>

#### **PRAYER:**

This week let's pray for our high school and young adult ministries at Creekside.

- Please pray for our high school student's transition back to in-person learning, that God would guide them and keep them safe as they make this transition.
- Please pray for our young adult's mental health during this lockdown. Ask God to focus their hearts and minds on Him and his truths for their lives.