



Series Discussion Questions

Series: Hope in a House of Blues, Pt. 2

Lamentations 2

Over the next three weeks we will continue to look at Blues and Hope and we will do this in our sermon discussion questions by walking through the book of Lamentations. This book of the Old Testament expresses all four "Keys of D" that we will address in the sermons: Dread, Despair, Doubt and Death.

If you haven't already, it would be good to read through the entire book of Lamentations to grab a bigger picture of what is going on.

INTRODUCE IT

When something goes wrong in your life (something upsets you, someone hurts you, a bad event happens), what is your tendency in dealing with it? Do you tend to get quiet, get around others and talk about it, get busy, face it head on, try to move through it quickly, etc...? Give examples of this if you can.

STUDY THE PASSAGE

Read Lamentations 2

In this passage, the author gives us permission to name all the things that cause our blues. Last week we saw the culprit of the blues was "sin." Reread the following passages and at the end, identify what/who the author says is the culprit of their blues.

Lamentations 2:4-5:

Lamentations 2:14:

Lamentations 2:15:

Lamentations 2: 16:

Tell about a time when you named God as the culprit for your blues. Do you find it hard to name God as a cause of your blues? Why or why not?

Has there been a time when you have named Religion as the culprit of your blues? What is the difference between God and Religion?

Has there been a situation in which a friend was the cause of your blues?

Who are those that you feel are out to get you? Name them...

What are things that you feel like are enemies? Name them...

Read Lamentations 2:19-20

This passage tells us to now "cry out to the Lord" with our blues. When you cry out to the Lord, what does it look like for you? What do you hope will happen after crying out to the Lord?

If you continue to read Lamentations, you will notice that God never answers the prayer. He is Silent. When God's voice is missing in answer to your prayers, many times he is saying to stay in your blues. Why is staying in our blues hard?

If you rush through the blues, you can avoid them and eventually that leads to bitterness. Or you can stay in them too long and it lead to depression. What do you believe is the balance?

USE IT:

What stood out to you today about the sermon on depression that this study highlighted even more?

If there is a "blue" in your life, take time this week to either tell a safe confidant about it OR journal about it. Challenge yourself to be completely honest as the author of Lamentations has.