

WORDS  
OF  
COMFORT

**MAY 24, 2020 | DAVID ANDERSON | FAMILY NOTES**

**Great is His faithfulness!  
Lamentations 3:19-31**

1) Can you think of an example in your life where you need to grieve/lament pain or disappointment?

- Painful loss during the virus
- Loss of a friendship/relationship
- Divorce
- Loss of job
- Loss of health
- Death
- Various other unmet expectations in life

2) Why do you think we are not very good about grieving (lamenting) loss, pain, and difficulty? Why is it hard to say to ourselves and God that we are sad or mad or disappointed?

I think it is painful to open up those parts of our hearts where we choose “surviving” instead of “thriving”. We may wonder if we will be able to survive the pain. I also don’t think we know how to grieve or lament.

3) What’s the difference between complaining and lamenting?

Dr. Glenn Packiam says there is a huge difference between complaining and lamenting.

1) Complaining assumes the worst about God and puts God on trial as the villain. Complaining attacks God’s character.

2) Grieving/Lamenting asks God to answer according to His unfailing love and character. A lament is an appeal to God based on confidence in His character.

4) In Lamentations 3, Jeremiah proclaims that the faithfulness and compassion of God will never be cut off and that the bite of our affliction can be softened by God's love and the fact our story isn't finished.

How have these truths encouraged you in the past?

5) If a newer believer asked you how to lament, what steps could you give him or her?

6) Close by lamenting. What are the losses you have experienced as a result of COVID-19? Write them down or name them out loud in a prayer of lament to God. Feel the weight of the pain of those losses. Express those feelings to your loving Father who meets you in your pain. Ask God to answer according to His unfailing love and character.

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<sup>19</sup> Remember my impoverished and homeless condition, which is a bitter poison.

<sup>20</sup> I continually think about this, and I am depressed.

<sup>21</sup> But this I call to mind; therefore I have hope:

<sup>22</sup> The LORD's loyal kindness never ceases; his compassions never end.

<sup>23</sup> They are fresh every morning; your faithfulness is abundant!

<sup>24</sup> "My portion is the LORD," I have said to myself, so I will put my hope in him.

<sup>25</sup> The LORD is good to those who trust in him, to the one who seeks him.

<sup>26</sup> It is good to wait patiently for deliverance from the LORD.

<sup>27</sup> It is good for a man to bear the yoke while he is young.

<sup>28</sup> Let a person sit alone in silence, when the LORD is disciplining him.

<sup>29</sup> Let him bury his face in the dust; perhaps there is hope.

<sup>30</sup> Let him offer his cheek to the one who hits him, let him have his fill of insults.

<sup>31</sup> For the Lord will not reject us forever.

Lamentations 3:19-31

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2020 BREAKTHROUGH PRAYER REQUESTS:

Father, pour out your Spirit on us and move us forward together.

Father, please retire the Worship Center mortgage by 2025.

Father, please use us to build a reproducing church among an unreached people by 2030.