

# MESSAGE NOTES



NOVEMBER 28

## A Time to Cry and a Time to Hope

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Lamentations, p.569

In light of the events of this past week, we turn our attention to the powerful expression of grief and sorrow as presented in Lamentations.

### What is a lament?

- "To weep bitterly;" "to mourn out loud;" "to cry out;" "wail"
- It is an immediate **response** to devastating personal tragedy.

### Are there any answers for such tragedy?

#### Lessons from Lamentations:

1. God wants us to express our grief which is real, raw and unavoidable.
2. God is always faithful and just.
3. We live in this ongoing tension.
4. We must never forget that Jesus fully understands.
5. We must never forget that one day peace will reign on this earth.

THE **ONE THING**: Jesus cares. Jesus understands. Jesus is faithful. Trust Him

## NEXT STEPS

- Memorize [Lamentations 3:22-23](#).
- Contemplate the depth of God's empathy for you.
- Pour the pain of your heart out to God.
- Watch [The Bible Project video on Lamentations](#).

## DISCOVERY QUESTIONS FOR FAMILY OR GROUP DISCUSSION

*Check-In: Since we last met, how did your "I will..." and sharing go?*

1. What are you thankful for? What challenge or stress are you facing? Do you know anyone who needs help at this time? As a group, how can we help?
2. Read [John 11:17-44](#), together (at least twice), and take turns retelling it in your own words as if sharing with a friend who isn't here.
3. What stands out to you and why? What do these verses tell us about God? What do these verses tell us about humanity/about us?
4. If this is God speaking, how will you apply it to your life? (*Share a specific: "I will..."*)
5. Who will you share with before we meet again? (*Name a specific person you plan to **share with**.*)

*If you'd like to learn more about the discovery group process, connect with [marcus@oakwoodnow.org](mailto:marcus@oakwoodnow.org)*