

# 27,375 - Lament

6/7/20

## READ:

- Lamentations 3:22-24
- Lamentations 5:15-22

## REFLECT:

- How would you define lament? How does Scripture define it? What are some of the purposes of lament?
- Here is the link to the Bible Project video that Daniel referenced in the sermon. Take time to watch it and share your thoughts.
  - <https://bibleproject.com/explore/justice/>
- Why is our posture (specifically the posture of our heart) important in our spiritual formation as followers of Jesus?
- What are some ways that we practice listening more than speaking? How might we better listeners?
- Daniel mentioned that one of the signs of injustice in the Bible is not caring for the poor. How could we do a better job of caring for the poor and marginalized?
- How have you seen people misuse religion in the past? How might you have done so as well?
- How are ways that we could lament on behalf of others?

## RESPOND:

### *Daily Training:*

- Bookend each day with your first 5 minutes and your last 5 minutes in time with God allowing you to view each day as an opportunity of hope.
  - **In the morning** -Ask for His mercies to come on you anew with hope.
  - **In the evening** -Ask for forgiveness when necessary and express thankfulness to Him in ALL things.