



Life Group Discussion Guide

March 1: Lamentations 1 --- The Other Side of Sadness

Icebreakers:

When something hard happens in your life, what is your default reaction? (*You can even have people raise hands – low pressure and quick engagement.*)

- Distract yourself
- Fix it
- Minimize it
- Talk about it
- Sit with it
- Something else?

Discussion Questions:

This week may surface deeper emotions than usual. That's okay. Don't feel pressure to fix, correct, or tie everything up neatly. Your role is not to solve people's sadness. Your role is to create a safe space where they can be honest. Silence is not awkward. It's often where God does His best work.

If someone shares something heavy:

- *Thank them for sharing.*
- *Affirm their courage.*
- *Resist the urge to give quick advice.*
- *Point gently to the comfort of Christ, not clichés.*

If someone seems overwhelmed beyond what a group can carry, follow up privately and help connect them to pastoral care or a counselor if needed.

Big Idea: To resist sadness is to forfeit joy.

1. First Impressions:

- a. What stood out to you most from Sunday's message?
- b. What line or concept stuck with you?

2. In *Inside Out*, Joy struggles to allow Sadness to do her work. Dave said however, that “joy isn’t really joy without sadness” and that “sadness isn’t the enemy of happiness. It’s the doorway to connection.”
 - a. What did he mean by this?
3. Lamentations shows us that God often moves and speaks through grief. Many of us probably can attest to that, and yet we often spend a great deal of time trying to escape the process.
 - a. Why do you think we resist so much?
4. As we move toward Easter, we will be encouraged to not rush past the pain of Good Friday. We’ll learn how lament prepares our hearts for resurrection hope.
 - a. Have you ever entered Easter season with the intention to allow sadness in?
 - b. Practically, how could we shift our focus from Easter morning to Good Friday?
 - c. How might doing this affect how we finally celebrate Easter morning?
5. Dave mentioned two questions for us to wrestle with: Why did Jesus have to die? And why is His resurrection the most important event in the history of the world—and in my own life?
 - a. To get us started, which of those questions feels clearer to you right now, and which one feels harder to answer?
 - b. How do your answers to these questions shape how you live this week?
6. Lamentations gives us permission to experience raw grief, with doubt and complaints and confusion all included.
 - a. Do you find comfort in this permission, or do you push back on the invitation to cry, doubt, be fearful, etc. with God?
7. We are given permission to grieve what’s happened to us and confess what we’ve done to ourselves.
 - a. Which of these comes most naturally to you?
8. Dave encouraged us to begin a grief journal. What do you think might happen if you gave yourself permission to write honestly about your sadness?

What’s Happening in the Life of Legacy:

More details on these events can be found at lcc.org/whats-happening

All Campus

- **Parent/Child Dedication:** March 8.
- **CIY MIX:** June 14-18. Grades 6-8. At Encounter Cove (Roach, MO).
- **CIY MOVE:** July 6-10. Grades 9-12. At University of Nebraska.
- **KIDS CAMP:** July 28-29. Grades 2-5. At Prairie Star Ranch.