



Life Group Discussion Guide

March 15: Lamentations 3 --- The Possibility of Lament

Icebreakers:

Describe a funny tantrum you've seen from a young child when they didn't get what they wanted.

Discussion Questions:

Every group is different! As you prepare, choose the questions that best fit your group, focusing on those that spark meaningful conversation. Don't rush—depth is better than distance. Trust the Holy Spirit to lead your discussion!

Big Idea: Sweet disrupts the bitter when we remember who God is.

1. Review the Sermon

- a. What stood out to you most from the sermon?

2. Read Lamentations 3:19–33.

3. What We Want from Relationships

- a. What do you most want from your closest earthly relationships? What brings you the most joy in those relationships?
- b. How do those desires compare with God's character? Are God's characteristics strong enough to compel us to lean into our relationship with Him?
- c. What sometimes keeps us from leaning fully into God to meet these desires?

4. Physical Struggles and Spiritual Life

- a. **Read Philippians 3:7–11 and Hebrews 12:1–3.**
- b. Have you ever gone through a season where it felt like God was distant or had "turned His face away"? What was that like? If that season has passed, what helped you move through it?
- c. Can you share a time when you clearly experienced God's compassion or faithfulness in a difficult season? (Lam. 3:22–24)

5. Our Purpose as Humans

- a. **Read Ecclesiastes 12:13–14, Matthew 22:36–40, Micah 6:8, and Romans 12:1–2.**

- b. How should our purpose as Christian humans shape the way we pursue joy in a world filled with sorrow? (See also: Neh. 8:10; Lam. 3:55–57; Phil. 4:4–7; 1 Pet. 1:3–9)

6. Hope in the Middle of Lament

- a. How does the hope of escaping lament influence joy? Is it different between physical and spiritual realms?

7. Pain With a Purpose

- a. Share a time when you endured something difficult because you knew the outcome would be worth it (for example, caring for a newborn in the middle of the night). What helped you keep going?

8. The “Playbook” From the Sermon

- a. The sermon offered four ways to respond to sorrow:
 - Let sorrow speak
 - Don’t let sorrow be the loudest or last voice
 - Remember God’s nature
 - Rest in God’s enough
- b. Which of these is most meaningful for you right now? Why?

9. Preaching to Ourselves

- a. The sermon encouraged us to preach to ourselves about God’s character. What truths about God do you need to remind yourself of when life feels confusing, painful, or uncertain?

10. Take Action: Daily Humility and Gratitude

- a. **Humility:** Read Lamentations 3:22–24 each day this week.
- b. **Gratitude:** Each day, name or write at least 2–3 things you are thankful for and praise God for them.
- c. **Make a Plan:** What specific time or rhythm will help you read this passage and practice gratitude each day between now and Easter? (*Leader note: Give the group time to think through and share their plan.*)

What’s Happening in the Life of Legacy:

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

- **Easter at Legacy:**
 - **OP, OL, and BV:** April 4 at 4:00pm; April 5 at 9:00am and 10:45am
 - **LS:** April 2 at 6:30pm; April 5 at 9:00am and 10:45am
 - **ES:** April 5 at 1:00pm
- **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.