



LIFE  
IS  
HARD

GOD  
IS  
GOOD

### **Focus of Week 6:**

Lamentations 3 marks the center of the book and the height of hope. Despite the pain, Jerusalem looks to God. This chapter reflects on the character of God in a way that moves them forward.

### **Connect:**

The ups-and-downs of life help shape who we are. They have the potential to develop within us new insights, wisdom and maturity.

1. Looking back, can you think of a hardship that shaped who you are today for the better? What was it?
2. In what ways might God use hardships to shape your faith?

### **Discuss:**

The first 20 verses of Lamentations 3 reflect on the destruction of Jerusalem, the errors of the people and the severity of God's punishment. Yet, in Lamentations 3:21 there is dramatic shift. In the midst of darkness, the people intentionally recall something very important—their relationship with God. Their relationship with God matters because of His character.

Read Lamentations 3:21-33 and 3:55-66.

3. What stands out to you from these verses? Why?
4. What are the characteristics of God that these verse highlight? Which ones do you find most helpful or meaningful?
5. How does the author see affliction and suffering as beneficial for faith or personal growth? What is it about hardship that helps you grow spiritually?
6. Read Romans 5:1-5. What are the things that suffering produces? What do you think of the progression and the final goal—hope?
7. How would you describe hope? What does Paul tell us to hope for?
8. Romans 5:1-5 says that in Christ, you have God's peace, grace and love. How do you see these working in your life and in your faith? What difference have they made when your struggling?
9. What can you do to more regularly remind yourself of God's character and hope? Is there something practical you need to do?
10. What action do you need to take to apply the verses from this week or from Sunday's message?
11. Where can your group be supporting and praying for you?