



Small Group Notes

1. Digging Deeper

Question: If you feel comfortable sharing, have you or someone close to you struggled with depression?

Read: Read Jeremiah 38:1-6 and Lamentations 3:21-26.

Question: In the midst of great turmoil and darkness, Jeremiah writes these verses in Lamentations. We see where his hope is anchored, even amid despair. How does this encourage and/or challenge you?

Read: Read Lamentations 3:21-23, Psalm 77:11-12, & Ephesians 1:3

Question: One way we fight against despair during dark times is recalling the goodness of God. What are some practical ways you can do this and encourage others to do so as well?

Read: Read Lamentations 3:25-30 and 2 Corinthians 1:3-4

Question: In the midst of our suffering, God is often trying to grow, teach, or prepare us and/or those around us. Have you seen this truth in your life?

2. Assess Your Heart

Read Lamentations 3:31-32 and Revelation 7:15-17.

Our struggles (depression, anxiety, pain, suffering, etc.) do not have the final word. Is there something in your life about which you need to say this to yourself? (Fill in the Blank) does not have the final word.

How did today's sermon and Jeremiah's lament encourage you to find hope in the midst of suffering?

3. Apply The Truth

Based on this week's sermon and discussion, what changes are you going to make in the coming days, weeks, and years?
