

Through the Valley: A Lenten Series on Lament
Individual or Small Group Study Guide
Week 5 Study: “Lament and Hope”
Lamentations 3:19-24

OPENING PRAYER:

Holy God, we give you thanks for these times we have together. Though we face trouble and challenges in our human condition, we also want to remember the hope you have promised us. We need help to do that sometimes – to look for the hope and to rely on the hope. We want to love you and trust you with everything we have, but often we get in the way. Please clear a path for us to see your faithfulness in a new way today. Amen.

Quote: *“Hope is being able to see that there is light despite all of the darkness.”*
- Desmond Tutu

STARTER QUESTIONS:

When someone says, “There’s a light at the end of tunnel,” what does that mean to you? In what circumstances have you heard that saying used?

WRESTLING WITH THE WORD:

Read Lamentations 3:19-24

1. Skim through the beginning of Lamentations, chapter 3. Name a few of the circumstances the writer is describing. How would you summarize what he has been through?
2. Read verse 21 again: “Yet this I call to mind and therefore I have hope.” This is a turning point in the reflections of the writer. How do you describe hope? What are some of the things you can “call to mind” that give you hope when life seems hopeless?
3. What do we learn about God from verses 22-24? Is this something you have experienced? How does God’s faithfulness give us confidence and hope?

NEXT STEPS:

1. Rewrite verse 24 for yourself. What words can you say to yourself when you need to remind yourself of God’s faithfulness?
2. We know family and friends who are going through difficult times. What are some ways we can offer hope? What can we say or do? How can we point them to the hope that comes from God?
3. It only takes a minute or two watching the news or scrolling on social media to see the despair and trouble of our communities and the world. How can the church change that narrative? How can the church highlight the good in the world without ignoring the bad? How can the church be a beacon of hope?

CLOSING PRAYER:

Holy God, you are our light, not just at the end of the tunnel but in the tunnel as well. We need to rely on your faithfulness to give us hope. We need to allow you to show us your new mercies every morning. Please change our eyes to be like yours, our thoughts to be like yours, our hearts to be like yours. As we learn to see, think, and love more like you, may we become messengers of your goodness and your hope to this broken and hurting world. Amen.

“Through The Valley”: Daily Scripture Readings

Week 1: Why Lament?

Sunday – Psalm 13
Monday – John 11:31-33
Tuesday – Psalm 102
Wednesday – Amos 5:1-8
Thursday – Jeremiah 4:7-8
Friday – Psalm 22
Saturday – Psalm 23

Week 2: Lament and Honesty

Sunday – Job 13:1-13
Monday – Proverbs 12:22
Tuesday – Proverbs 19:1
Wednesday – John 8:32
Thursday – 2 Timothy 2:15
Friday – 1 John 3:18
Saturday – Proverbs 6:16-20

Week 3: Lament and Surrender

Sunday – Matthew 26:36-46
Monday – 2 Timothy 1:7
Tuesday – Galatians 2:17-21
Wednesday – James 4:7-10
Thursday – Jeremiah 10:23-24
Friday – Matthew 6:33
Saturday – Matthew 26:39

Week 4: Lament and Community

Sunday – Esther 4:1-5
Monday – Galatians 6:1-2
Tuesday – John 13:34-35
Wednesday – 1 Peter 4:1-8
Thursday – Matthew 18:20
Friday – 1 John 1:7
Saturday – Psalm 133:1

Week 5: Lament and Hope

Sunday – Lamentations 3:19-24
Monday – Romans 15:13
Tuesday – Psalm 130:5
Wednesday – 2 Corinthians 4:16-18
Thursday – Zephaniah 3:17
Friday – Psalm 42:11
Saturday – Romans 5:1-5

Week 6: Lament and Action

Palm Sunday – Luke 19:41-48
Monday – Isaiah 42:1-9
Tuesday – Hebrews 9:11-15
Wednesday – 1 Corinthians 1:18-31
Holy/Maundy Thursday – John 13:1-17
Good Friday – Matthew 27:45-51
Saturday – John 19:30-42

