

## **Dig Deeper @Home – “Broken”**

### **Complement to sermon on March 19, 2017 – “Heavy and Burdened”**

#### **MEMORIZE – Lamentations 3:21-23**

But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

#### **READ Lamentations 3**

##### **Questions to ponder/discuss:**

1. What is this passage revealing about God and what is it revealing about us as humans?
2. If the above is true, what needs to change in your life? What will that look like?
3. For whom is the writer speaking in the opening verses? (Read vv. 1-20.) How has God treated him? How is he feeling? What benefits are there in making such a frank lament about one’s circumstances? What dangers? Have you ever felt like the writer in vv. 1-20? Were you able to express those feelings to God?
4. When you are feeling heavy and burdened how do you express your feelings? How do you avoid wallowing in self-pity? What is the danger of remaining too stoic and unemotional?
5. What attributes of the Lord are recalled in verses 21-33? How does this picture contrast with that in verses 1-20? Why is it necessary to balance both feelings (vv.1-20) and faith (vv. 21-33)?
6. Do you grow more during easy times or during heavy and burdened times? What help does verse 33 (also Romans 5:3-5; James 1:2-4) teach us about times of struggle?
7. To whom does the writer address his questions in verses 34-39? What attributes of God do they reveal? To what logical conclusion is the writer brought (vv. 40-42)? How was the conclusion arrived at? How does this begin to make sense out of Judah’s suffering?
8. In what ways do we lift up our hands, but not our hearts, when we are in trouble? (vs. 41) What does true repentance look like? What do truly repentant people do? What compassions or faithfulness has the Lord shown you this week?

**Bottom Line** – Summarize Lamentations 3 in your own words.



## **Experiential**

Sometimes activities help us to understand and process biblical truths. The one below is a suggestion for how to experience the truths of Lamentations 3.

## **Painful Pruning**

The object you will use for this activity will be a video of how to prune rose bushes. The following link will take you to a short video: <http://www.youtube.com/watch?v=KGIhRYN137I>.

(Show video.) How would you feel if you were the rose bush? (Wait for responses.) Use your imagination. Ask someone to read Lamentation 3:33. This verse says that God does not willingly bring pain into people's lives. During the video we heard the woman say that pruning makes the rosebush a better plant. Talk about how the "pruning" or difficult times in our lives make us better people for the Kingdom.

**SING** (suggested songs to sing. Use these or any songs you might want to sing)

**One Thing Remains (Your love never fails)** <https://www.youtube.com/watch?v=GoYqi0sdOqc>

This song of praise reminds us of the steadfast love of the Lord in our brokenness and in our struggles.

## **Great is Thy Faithfulness– Mennonite Hymnal #534**

A song speaking of God's faithfulness and compassion and care in our sin and despair.

## **PRAY**

This is a time to gather around for prayer requests and to share how you have seen God at work. A time to hear where God is showing up in our lives and where we need Him to help us in our lives.

## **Sending prayer based on the lesson:**

As you go, may you experience and receive the never-ending steadfast love of the LORD to fully comfort you and to enable you to pass on His never-ending steadfast love to those around you.