

# A Visitor's Guide to the Old Testament

## A Quick Discussion Guide on the Book of Lamentations

1. If you had been on a committee to choose the books of the Bible, would you have included Lamentations? Why or why not?

What about the book of Lamentations did you find inspiring?... helpful? ... unsettling?

2. Pastor and author Paul Tripp writes, "*The unthinkable has happened; in terms of biblical history, it's unthinkable. Jerusalem is destroyed; the temple is gone! How could this happen? God warned his people; they denied his warning. **Remember, a warning is never judgment; a warning is grace.** If all God is going to do is judge you, he wouldn't warn you first. And yes, those warnings were ignored.*" (Paul Tripp, *The Gospel One Chapter At a Time*)

Do people understand this? Do you and I understand this? Give evidence for your answers.

3. Chuck Swindoll, pastor in Frisco, TX and author of numerous books, comments on the book of Lamentations, "*It is a mute reminder that sin, in spite of all its allurements and excitement, carries with it heavy weights of sorrow, grief, misery, barrenness, and pain. **It is the other side of the 'eat, drink, and be merry' coin.***"

How does that comment pinpoint the value of the book of Lamentations in our present culture?

4. When you survey your life circumstances at this moment, would you say you are suffering? Suffering is sometimes corrective (discipline from God as a result of our sin), and it is sometimes instructive (simply God using suffering to teach us something). Do you ever wonder why you're going through what you're going through? Is there a way to know?
5. Have you ever heard someone say that the whole Bible is about Jesus? What in the world could Lamentations have to do with Jesus? If you and a friend were walking through Lamentations together, how would you say Lamentations 3 reminds us of the Gospel?
6. Write your memory passage below: