



February 22, 2026

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Lamentations 3:19-24

Jeremiah 52:12-16

Introduction: This sermon introduces a Lent series through Lamentations - focusing on the context of Lamentations (the Babylonian exile), the center of Lamentations (God's faithfulness in Lamentations 3:22-23), and the practice of lament. We learn that lament is a way to navigate seasons of suffering and exile (when our trust structures are shaken and our faith in God is tested). Kevin explores how lament is "faith in exile" - a biblical way to protest the injustice and brokenness of the world, process pain, and ultimately trust in God's character, even when circumstances are devastating.

Key Texts: Lamentations 3:19-24, Jeremiah 52:12-16, Psalm 13:1-6

Icebreaker: What is one song, poem, or written work that has helped you through a difficult time in your life, and why was it meaningful to you?

Discussion Questions

1. In the beginning of the sermon, we got to hear the story of Horatio Spafford, who wrote the hymn "It is Well With My Soul". How does this story, and even other stories of people in your life who have walked through suffering, challenge or encourage your understanding of faith during difficult times?
2. Read **Jeremiah 52:12-16**. What do you notice in this passage? Why would this be so devastating to the Judeans - what trust structures were shaken?
3. Kevin described exile as "when the scaffolding of all of one's life is stripped away and all that remains is God." Have you experienced a season like this? What was that like for you?
4. What stood out to you about the structure of the book of Lamentations? How might the perspective that suffering is finite, or bound to a specific time, help you in the midst of challenging seasons?
5. **Re-read Lamentations 3:19-24**. In verses 22 and 23, the focus shifts from human faith to God's faithfulness. Why is this distinction important when we are

struggling? How have you witnessed God's faithful, enduring love in the midst of a challenging season?

6. Kevin shared the four movements of lament: turn to God, voice your complaint, ask boldly, and choose to trust. Which of these feels most challenging to you, and why?
7. How does the Christian view of suffering differ from a humanist approach to suffering (trying to avoid or quickly fix painful situations)?
8. What do you think are helpful or loving ways to meet people in their suffering? What have you experienced to be unhelpful?
9. How honest do you feel you have been in your prayer with the Lord lately? How might the permission (and encouragement) to lament change the way you pray and approach God in the midst of challenging seasons?
10. What are some ways that we can be praying for and walking alongside those experiencing suffering - in our community group, family, community?

Key Takeaways:

- The book of Lamentations, even in the structure as an acrostic moving from "A to Z," teaches us that suffering is finite, not infinite, even when it feels overwhelming.
- God's faithfulness, not our own ability to muster faith, is what sustains us through difficult seasons.
- Lament is a biblical practice that enables us to protest the brokenness in the world, process emotionally, and voice our confusion to God.
- It is in exile that the structures we have trusted in collapse – leading us to question whether or not God is trustworthy.
- Lament allows us to open up, and it restores a sacred human dignity to suffering. Our goal is not to eliminate or rush through suffering, but to acknowledge it and the rippling effects of sin - sin done by us, to us, and around us. In the midst of suffering, we stay rooted in hope that God will use the brokenness of the world to make something beautiful.

Notes