



March 1, 2026  
Kevin Sneed  
Lamentations 1

## Introduction

This week's message invites us into one of the most raw and honest books of the Bible—Lamentations. Kevin Sneed opens with the book's very first word: *How?* How did the city become desolate? How did we fall? How did our sins consume us? Rather than rushing past that question, the message sits with it—exploring the nature of sin, the reality of suffering, and the ancient practice of lament as a path toward healing. We discover that lament isn't the opposite of faith; it's one of the most honest expressions of it.

**Key Texts:** Lamentations 1; Jeremiah 2:11-13; Romans 1:24-25

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## Icebreaker

When something goes wrong in your life, what's your first instinct—to push through, to talk about it, or to go quiet? Where do you think that instinct comes from?

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## Discussion Questions

1. The book of Lamentations opens with a single question: *How?* Kevin described this as the original title of the book—a cry of disorientation in the face of loss. When have you found yourself asking "how did we get here?" about something in your own life or in the world around you?
2. **Read Lamentations 1:1-5 together as a group.** The imagery here is of a grieving widow—a city once full of people now sitting alone. What emotions does this passage stir in you? What do you think it means that God chose to preserve this kind of raw grief in Scripture?

3. Cornelius Plantinga defines shalom as "the webbing together of God, humans, and all creation in justice, fulfillment, and delight—the way things ought to be." He then defines sin as "the culpable disturbance of shalom." How does that definition of sin expand or challenge how you've typically thought about it?
4. Kevin identified three categories of suffering: sin done *by* us, sin done *to* us, and sin done *around* us. Which of those three feels most present in your life right now? How does naming those categories help you make sense of pain you've experienced?
5. **Read Jeremiah 2:11-13 together as a group.** Israel is described as exchanging their glorious God for things that cannot satisfy—broken cisterns that can't hold water. Where do you see that same exchange happening in our culture today? Where do you feel the pull of it in your own life?
6. Kevin said, "You cannot heal from that which you cannot name." Lament is described as honesty before God and others—and confession as naming both our culpability and our wounds. Why do you think we often resist lament and confession? What makes it hard to name things out loud?
7. How can your Community Group be praying for you and supporting you this week? Is there something you've been carrying—grief, confusion, a wound—that you haven't yet named? As much as you're able, lean into being vulnerable so that others may support you.

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## Key Takeaways

- Lament is not a lack of faith—it is honesty before God and others
  - Sin disturbs shalom: the way things are meant to be between God, people, and creation
  - Suffering comes from sin done by us, sin done to us, and sin done around us
  - You cannot heal from what you cannot name
  - Lament and confession always go hand-in-hand
  - God stands by His promises regardless of how much we break them
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## Notes