



March 29, 2026

Kevin Sneed

Lamentations 5

Introduction

This week's message explored lament as a form of prayer that moves us through the shadow side of life rather than around it. Preaching from Lamentations 5, Kevin reminded us that the poet hasn't found a way out — but the poet is still praying. Drawing on Robert Frost's line "the only way out is through," the sermon traced a journey from honest grief to reorientation: back to our pain, back to God's unshakeable rule, and back to the hope of restoration. Lament doesn't end our pain — it reorients us back to God.

Key Texts: Lamentations 5:1-22; Exodus 2:23-25; 1 Kings 8:27; Psalm 30;
Lamentations 3:22-23

Icebreaker

Think of a hard season in your life that you eventually came through. What did "getting through" it actually require of you?

Discussion Questions

1. Robert Frost wrote "the only way out is through" — and Kevin used it to frame the whole sermon. What's your gut reaction to that idea when you're in the middle of suffering? Does it feel like hope or like a sentence?
2. **Read Lamentations 5:1-18 together.** The poet names losses in graphic detail — land, family, safety, dignity, joy, even music. What stands out to you? What does it tell us that God preserved this kind of raw, unfiltered prayer in Scripture?

3. Kevin pointed out that by chapter 5, the acrostic structures of Lamentations have broken down — the order is fraying. What does it look like when our own sense of spiritual "structure" breaks down in a season of grief?
4. **Read Lamentations 5:19-21 together.** In just a few verses, the poet swings from "You, Lord, reign forever" to "Why do you always forget us?" Kevin called this a "holy Saturday moment" — sitting in tension without resolution. How do you handle unanswered prayers or seasons where God feels absent?
5. Kevin offered three reorienting prayers: *Remember, Lord* (v. 1) — reorient to your pain; *You, Lord, reign forever* (v. 19) — reorient to God's rule; *Restore us to yourself* (v. 21) — reorient to restoration. Which of these feels most difficult for you right now, and why?

The sermon closed with Christopher Wright: "*Easter day has not yet dawned. But it will. It will.*" How does the reality of resurrection shape how you hold grief and hope at the same time?

6. What pain or unanswered prayer have you been trying to go around rather than through? How can your Community Group pray for and support you in that?

Key Takeaways

- Lament is a form of prayer that deals honestly with the shadow side of life — not a lack of faith, but faith in action.
- God's throne cannot be destroyed, even when everything else — including the Temple — is gone.
- The three movements of lament: reorient to your pain, reorient to God's rule, reorient to restoration.
- Lament doesn't end our pain — it reorients us back to God.
- We live in "Holy Saturday" moments, but Easter will come.

Notes