



March 8, 2026
Joshua Parrish
Lamentations 2

Introduction:

This sermon explores Lamentations 2, described as the 'mess around and find out poem' that depicts God's judgment on Jerusalem after His people repeatedly turned away from Him despite many warnings. The message traces Israel's history of rejecting God as king, choosing earthly rulers, and pursuing idolatry. Using the analogy of an unfaithful spouse, Josh illustrates how God's people break His covenant by utterly rejecting Him and His invitations to return to Him. This ultimately results in destruction, grief, and deep pain. The sermon emphasizes that Lamentations 2 represents the raw, honest expression of grief and pain from the wrongdoer to the wronged, modeling a way of relating to God through authentic lament rather than superficial responses.

Key Texts: Lamentations 2, Psalm 139, Isaiah 53:5-6

Icebreaker: What is a small decision that ultimately had a big impact on your life - good or bad?

Discussion Questions:

1. Read **Lamentations 2:1-10 aloud**. What stands out to you about this passage? What do you observe about the tone, the imagery?
2. In the sermon, Josh mentioned that Israel's drift from God started almost immediately after their deliverance from Egypt. What are some ways that we might drift in our relationship with God today and choose "lesser gods?"
3. **Read Lamentations 2:11-12 aloud**. Many times it's not until we're confronted with devastation and deep pain that we ask the question, "how did we get here?" Are there moments in your own life that have served as wake up calls to the consequences of sin - whether sin done by you, to you, or around you?
4. When we are living in sin, there will always be an audience willing to tell us exactly what we want to hear. Do you think the people closest to you would be

courageous enough to lovingly expose sin? What could it look like for you to pursue and help create safe spaces where this can happen?

5. **Read Psalm 139.** Josh encourages us to not mistake God's honesty as cruelty. God didn't desire destruction. What does this Psalm reveal about God's desire for us?
6. Lamentations 2 ends without resolution, and leaves with the people sitting in raw pain and with honest questions. Josh reminds us that learning to lament well is important for us individually and communally. Have you experienced what it's like to sit with God in discomfort - if so, how? If not, what do you think makes this challenging for you?
7. **Read Isaiah 53:5-6.** God's judgment was not His ultimate plan, but rather salvation was. How does remembering Jesus' sacrifice and willingness to sit in brokenness and pain on our behalf bring hope to you in this season?

Key Takeaways:

- What's highlighted in Lamentations 2 is an idolatry issue - the people of Israel didn't listen, and they didn't care; they had wandering eyes and wandering hearts.
- It's important to not mistake God's honesty as cruelty - God never wavered from His faithfulness. The people of Israel did, and we do too.
- God's judgment was not His ultimate plan; His heart has always been toward salvation and restoration, as demonstrated through Jesus Christ.
- True lament involves genuine emotion and vulnerability - we cannot manufacture tears or force repentance, but must allow God to work in our hearts through honest acknowledgment of our pain and need
- In pain, we saw raw and honest things to each other. Similarly, Lamentations is not a doctrinal paper. It's not meant to be merely intellectually understood, it is meant to be felt.

Notes