

13 GOD'S COMFORT

KEY TEXT: LAMENTATIONS 3:19-33

CENTRAL truth

Everyone on this earth will go through suffering. Our sinful and broken world is full of trials and tragedies. The question is, "Who do I want to go through suffering with?" God wants to be with us and comfort us in every difficulty we encounter. He is not distant, but overwhelmingly present with us in suffering. In Lamentations, Jeremiah shows us that **God will comfort us and bring us through difficulty.**

key question

When we go through difficult times, what are some of the first things we should do?

Jeremiah was going through the worst situation of his life. However, his response wasn't to cry in a corner alone or to just complain with his companions. With pen and paper in hand, the prophet went straight to God with his pain. God's Spirit inspired Jeremiah to be brutally honest with his Lord about his pain and suffering. In the lowest place imaginable, Jeremiah gained strength and comfort as he found the fresh mercies of the Lord. Bringing his pain to God didn't leave him helpless or hopeless, but strengthened and full of fresh hope for the days ahead.

keep in mind

- Some students may not have much suffering to point to in their story thus far, while others may have already dealt with incredible losses and difficulties. However, all of us know the roller coaster of emotions life can bring. Many students attempt to deal with their emotions alone or with their friends. Students often need permission from a trusted leader to be respectfully and brutally honest with the Lord about their difficulties. Encourage them to go to God, be honest with Him, and be honest about their trust in His goodness and plans.
- Lament is usually not nearly as common in our culture as it was in the ancient Near East. Students are familiar with complaining, meltdowns, and emotional outbursts, but none of those are the same thing as lamenting. Biblical lament is honesty with God and honesty about God in every situation we face. Lamenting is going straight to the Lord and telling Him our best understanding of the situation and how we feel. In lament, we praise, trust, and pray until comfort and encouragement are found.

application

What are some potential negative consequences of not going to God with our pain?

the win

FOR THE STUDENT: Encourage students to take their pain and struggles to a leader for prayer and encouragement, and help them learn to latch onto God through lament. He is always listening, available, and ready to comfort and strengthen. We simply must go to Him, speak to Him, and receive from Him.

FOR THE LEADER: This is a great session to share from your story about holding onto God through difficult times. Don't be afraid to share your challenges and triumphs of learning to lament in times of trial.

SUMMER
2023