



### **Look Back**

- Group Check in....almost Fall! What are some of your favorite things to do in the Fall?
- On August 20th, CH will have their annual Small Group Kickoff. Is there anyone specific we would like to welcome into our group for this next year?
- This past week, what ways did you seek relationship with God? Do you feel like God is teaching you anything right now? If so, what is it?
- Did anyone have any Kingdom conversations with anyone this past week?

### **Look Up**

After everything we've looked at in the book of Jeremiah; after all that God has said to his people through the prophet; Jerusalem falls to Babylon. Through Jeremiah, God continues to speak to the king, yet he still refuses to obey. Jerusalem is conquered.

How do we live in a shattered world without our faith also becoming shattered? In our reading today, we will be in Lamentations. To Lament...to mourn! Interestingly, this book's main theme: hope! As you read from Lamentations 3 today, reflect on your life and hope that Jesus brings to you, and to us a people.

### **Read Lamentations 3:1-33**

- What do you learn about God?
- What do you learn about people and ourselves?
- What do you find difficult or challenging?

### **Look Forward**

- When in your life have you "lost hope" in something? How did you handle it?
- How does faithfulness factor into this conversation?
- From our passage, there's evidence of God's faithfulness as well as Jeremiah's; what's the difference and how do these look in your life?
- As we end the study through Jeremiah, what are some of your big "take-a-ways"? How do you want your life to change or grow as a result of these?

Spend some extended time praying through and for these takeaways and praying for God's help in growing relationally through them.