
Lamentations

Author

Jeremiah wrote the book of [Lamentations](#) after witnessing the city of Jerusalem fall to the Babylonian Empire in 587 B.C. Lamentations records God's anger and Jeremiah's despair over this beautiful city that God once blessed.

Key Verses

The key verses are [Lamentations 3:22-23](#) where the tone changes from utter despair to hopefulness in God's mercy.

Book Outline

The book of Lamentations is a series of five poems. Each is a lament about the fall of Jerusalem.

Lam 1	1-11: Jeremiah cries out with grief; 12-22: Jerusalem mourns its situation
Lam 2	1-12: description of God's anger; 13-22: God expresses His anger
Lam 3	1-39: affliction, yet hope; 40-66: plea, national and personal
Lam 4	1-11: explanation for God's anger; 12-22: how the Gentile nations view God's anger
Lam 5	1-18: Jerusalem pleads with God; 19-22: Jerusalem appeals to God's faithfulness

Personal Reflection and Application

When you are enduring trials, where in the Bible are you likely to turn for comfort? Psalms is often soothing and relates to many of our struggles.

Although Lamentations is not most people's first choice, can you see how passages such as [Lamentations 3:22-26](#) could be comforting?

Small Group Conversation Guide

Even in terrible judgment, God is a God of hope. Discuss how [Lamentations 3:22-26](#) applies to believers today.

If you had to pick one of those verses to memorize, which would you pick and why?

Leadership Principles from Lamentations

Focus on Gifts or Character?

Do you recognize how fleeting your popularity can be ([Lam 1:7-8](#))? Do you lean on your gifts alone or do you focus on building your character?

Take the following self-assessment. Which areas could use some work?

Focus on Your Gifts	never \longleftrightarrow regularly	never \longleftrightarrow regularly	Focus on Your Character
talents and gifts	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	character, integrity
quality of results	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	the process
performance	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	discipline
external appearances	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5	internal obedience

Something to Find in Each Chapter

As you read through the book, it may help to have something to find in each chapter. Try these:

01. Who Jeremiah compared to the city of Jerusalem	02. How God communicated He was angry with Jerusalem
03. What Jeremiah said first when grief turned to hope	04. How Jeremiah described Jerusalem's former glory
05. What Jeremiah specifically prayed for	