

The Books of Jeremiah / Lamentations

1. Begin your time by spending a little time to help people in your group to get to know each other better. Even if your group has met for a long time, it is fun to ask a question that will help people get to know each other better. Examples:

What was your happiest year and hardest year of high school? Explain

What is one of your favorite places you have been to or would like to go for vacation?

Tell us about your first car - year, make, model. How did you get it? What was it like?

2. One author said that one of the most paralyzing human emotions is fear. Ask each person to share briefly about one or two examples of what they are afraid of. Examples: Fear of heights, fear of spiders, fear of running out of money as you get older, fear of death
3. Why do you think Jeremiah was afraid when God called him into His service? (Read Jeremiah 1:1-9)
4. Why do you think Christians are sometimes afraid and hesitant to talk about their faith in God? Share an example from your own life.
5. How does God reassure and encourage Jeremiah for the assignment He has given him? (1:8-9)

Ask each member of your group to look up and read these verses that also address our fears.

What common theme do you see in the verses below that can encourage you too?

Genesis 15:1 / Joshua 1:9 / Psalm 23:4 / Isaiah 41:10 / Luke 1:30 / Acts 18:9-11 / Heb 13:5-6

6. Webster's dictionary defined Courage as "to act and speak in accordance with your beliefs and convictions especially in the face of criticism"

Ask several people to share an example of a recent time when they either lacked courage or acted with courage

7. If you have time, read Lamentations 3:21-24. How do these verses provide hope and confidence to Jeremiah and to us today?
8. How would you define: Loving kindness / Mercy (Hebrew - "Hesed") (3:22)

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Compassion (3:22)

Faithfulness (3:23)

How can these words which describe God's character instill confidence in you to face each new day and new challenge in your life?

9. Conclude your time pray and ask God to help you face your fears and help you to remain confident as you trust in and rely on Him