



WOODLAND HEIGHTS

CHRISTIAN CHURCH

Part #2 – The Faith that Shapes a Better Future

Small Group Discussion Guide on Lamentations 3:19-27

Woodland Heights Christian Church Core Value Connection

This sermon on Lamentations 3:19–27 connects deeply with the Woodland Heights Christian Church core values of Biblical Authority, Discipleship and Prayer. The Word of God teaches believers how to respond when life feels unstable, when a nation seems uncertain, and when the future for the next generation feels fragile. Believers are called to remember God's steadfast love, rely on His mercy and faithfulness, and reach for Him with a faith that refuses to surrender to fear.

This message reminds us that a better future is not built by nostalgia, political confidence, or human strength alone. It is shaped by people who anchor their lives in the character of God and pass that kind of Christ-centered faith to the next generation. In a time when many people feel overwhelmed by cultural confusion, personal grief, and uncertainty about what lies ahead, Lamentations 3 gives God's people a path of hope rooted in His unchanging mercy.

Section 1 – ENCOUNTER

Observing God's Word

Picture someone replaying the pain of the past over and over again. It may be personal grief, family disappointment, cultural sorrow, national decline, or fear about what the future will hold for children and grandchildren. That is the emotional world Jeremiah steps into in Lamentations 3, and he does not pretend everything is fine. He names affliction, bitterness, wandering, and sorrow honestly, yet he refuses to let pain have the final word.

At the center of that grief comes one of the great turning points in Scripture: "But this I call to mind, and therefore I have hope." That line reminds believers that faith is not the denial of pain; it is the discipline of redirecting the mind from pain to the character of God. In the middle of national collapse and personal anguish, Jeremiah remembers that the steadfast love of the Lord never ceases, His mercies are new every morning, and His faithfulness is great. Let's begin by anchoring ourselves in Scripture. Read Lamentations 3:19–27 as a group, family, or individual, and allow God's Word to settle into your heart.

Core Questions

- What words or phrases stand out most to you in Lamentations 3:19–27, and why do they matter in this season of life?
- What do these verses teach you about the connection between honest grief and lasting hope?
- Where do you see the difference between fear-driven living and faith-shaped living in this passage?

Section 2 – EXPLORE

As we explore Lamentations 3:19–27, we discover that hope is not built by ignoring sorrow but by remembering who God is in the middle of it. The sermon’s Big Idea says it clearly: **Face your future with faith not fear by trusting in God and His ways.** Jeremiah gives God’s people three habits of hope that shape a faithful future: remember, rely, and reach.

Lesson #1 – Remember: Stop Reliving Your Pain and Focus on God as Your Steadfast Hope

Jeremiah begins with painful honesty. He speaks of affliction, wanderings, wormwood, and gall, showing that biblical faith does not require pretending sorrow is small or manageable. His soul is bowed down within him because he has been replaying the pain, and that is where many people still live today – rehearsing wounds, regrets, fears, and disappointment until the soul grows heavy.

Then verse 21 changes everything: “But this I call to mind, and therefore I have hope.” That is the turning point. Jeremiah shows that faith is the discipline of bringing God’s truth back into the mind when pain is trying to dominate the heart. Biblical hope is not wishful thinking; it is settled confidence rooted in who God is.

- Why is it important that Jeremiah does not minimize pain before he speaks about hope?
- What kinds of pain or fear are people most tempted to replay in their minds today?
- What would it look like for you to “call to mind” God’s truth in a place where fear has been shaping your thinking?

Lesson #2 – Rely: Anchor Your Life on God’s Unfailing Love, Mercy, and Provision

In verses 22–24, Jeremiah moves from grief to anchoring truth. He remembers three realities about God: His steadfast love, His endless mercies, and His great faithfulness. God’s steadfast love is covenant love that does not walk away, His mercies never run out, and His faithfulness remains steady even when life feels like ruins.

Jeremiah then declares, “The Lord is my portion...therefore I will hope in him.” In the Old Testament, a portion was an inheritance and a security, so Jeremiah is saying that even if everything else is stripped away, God is still enough. That is a desperately needed truth for a generation tempted to anchor life in markets, politics, comfort, or personal control rather than in the Lord.

- Which phrase in verses 22–24 most strengthens your heart right now: God’s steadfast love, His mercies, His faithfulness, or His being your portion?
- Why is it dangerous to anchor your life in things that can be shaken instead of in the Lord?
- How has God shown you fresh mercy in a recent season of life?

Lesson #3 – Reach: Lean in and Seek the Lord as You Trust in His Timing for Your Life

Verses 25–27 teach that hope does not sit still in passive despair. The Lord is good to those who wait for Him and to the soul who seeks Him. Waiting here does not mean giving up; it means hopeful expectation, while seeking means drawing near to God in prayer, worship, Scripture, and surrender.

Jeremiah says it is good to bear the yoke in youth. That means habits of faith, discipline, and dependence on God matter early in life, because a generation trained to seek the Lord when young will be steadier when hardship comes later. If believers want a better future, they must do more than complain about darkness; they must teach the next generation how to seek God, trust His timing, and rest in His salvation.

- What is the difference between passive waiting and biblical waiting?
- What are some practical ways a believer can seek the Lord instead of merely admiring Him from a distance?
- Why is it so important to form habits of faith early in life and pass them to the next generation?

Section 3 – EMBRACE

Applying God's Word

Go deeper into the Word of God by applying what you've learned to your life today. Reflect on these action steps and discuss how you can live out the truths from Lamentations 3:19-27.

Call God's Truth to Mind Daily

Take one fear, sorrow, or burden that has been replaying in your heart and bring it before the Lord this week. Replace that mental pattern with the truth of Lamentations 3:21-23 by reading it aloud each morning and asking God to train your mind toward hope.

Anchor Yourself in God's Mercy

Spend time thanking God for one clear evidence of His steadfast love and one fresh mercy He has shown you recently. Let that gratitude become a way of strengthening your faith instead of letting fear define your outlook.

Seek the Lord for the Future

Choose one area of uncertainty in your life or family and intentionally bring it to the Lord in prayer each day this week. Ask Him to help you wait quietly, seek Him faithfully, and trust His timing more than your own.

Invest in the Next Generation

Take one practical step to pass faith on to someone younger this week, whether through prayer, a spiritual conversation, reading Scripture together, or sharing a story of God's faithfulness in your life. A faithful future is shaped when truth is not merely admired but handed down.

Closing Challenge and Prayer

Fear promises urgency, but it cannot build a faithful future. God calls His people to something deeper and steadier: to remember His truth, rely on His mercy, and reach for Him with enduring faith. The future is shaped not by those who panic most loudly, but by those who quietly anchor themselves in the character of God and pass that hope to the next generation.

As a group, pray for one another to face the future with faith and not fear. Ask the Lord to heal wounded hearts, renew weary minds, strengthen parents and grandparents, and raise up a generation that knows how to seek Him, trust Him, and stand firm in His truth.

- Father, thank You that even in sorrow, disappointment, and uncertainty, Your steadfast love never ceases. Thank You that Your mercies never come to an end and that they are new every morning. Forgive us for the ways we have replayed fear, bitterness, and despair more than we have remembered Your truth. Teach us to call to mind what is true, to anchor our lives in Your love and faithfulness, and to seek You with patient and trusting hearts. Help us shape a better future by living with a faith that honors You and by passing that faith to the next generation. In Jesus' name, Amen.