



Like good music, a good life requires rhythm. This series is designed to help you set the tempo of each day so that you can move to the beat of God's purpose for your life, experiencing His peace, His power, and His presence in all you do.

DISCUSSION QUESTIONS

1. Read and meditate on [Lamentations 3:1-66](#). Jot down 1 or 2 new thoughts that seem important. Why are they important?
2. Considering [verses 1-18](#), how did the prophet Jeremiah identify with the sufferings of the people of Judah in these verses? And who were the sufferings of the people directly attributed to, according to these verses?
3. Thinking about [Lamentations 3:19-24](#), why did Jeremiah's hopelessness turn to hope? Why are we not "consumed"?
4. According to these [verses 19-21](#), how did recalling specific events of the children of Israel in the wilderness (exodus from Egypt) affect the writer?
5. Thinking of [Lamentations 3:25-39](#), what did he remember about God that changed his perspective on suffering?
6. How did Jeremiah's prayer in [verses 40-66](#) relate specifically to his suffering? What did the Lord hear? (Hint: [verses 56, 61-62](#))
7. What do you learn in [Lamentations chapter 3](#) about the relationship between God's judgment and His love?
8. In what ways has God been faithful to you?
9. One way to deal with hopelessness is to be reminded of the character of God. How can you get to know God better?
10. Going back through [Lamentations 3](#), list some (or all) of God's attributes/character qualities listed in these verses. What do they tell you about God? About your relationship with Him? About your faith in Him? Be sure to place this list in your Bible.

MOVING FORWARD

As part of your daily routine, praise God for His specific attributes that can give you hope each day, even in the midst of suffering. Ask Him to help you remember these the next time you hit hard times.

CHANGING YOUR MIND

["22 Because of the LORD's faithful love we do not perish, for His mercies never end. 23 They are new every morning; great is Your faithfulness!" Lamentations 3:22-23](#)