

# XXXIX

## THE OLD TESTAMENT

### Leader Conversation Guide – XXXIX - Lamentations | Advent - Hope

#### Main Idea

Some seasons feel heavy. Like the weight of disappointment, uncertainty, or pain sits right on our chest. That's the world Jeremiah was writing from in Lamentations. Jerusalem had fallen, the people were broken, and hope seemed out of reach. Yet in the middle of the grief, a quiet but unshakable truth rises to the surface: God is faithful, even here.

In Lamentations 3, Jeremiah shifts his gaze from the devastation around him to the character of God. He remembers that the Lord's love never fails, His mercies are new every morning, and His faithfulness doesn't waver with circumstances. This became the turning point, from despair to hope. Not because the situation changed, but because his focus did.

This week's message reminded us that when life feels hopeless, Jesus is our hope. He gives us exactly what we need for today, the strength to keep going, and the assurance that He is working, even when we're waiting. As we begin our discussion, let's open our hearts to the God who meets us in the struggle, renews us with mercy, and anchors us with a hope that does not fade.

**Because of the Lord's great love we are not consumed,  
for His compassions never fail. They are new every morning;  
great is Your faithfulness. LAMENTATIONS 3:22-23**

#### Make it Practical:

##### A New Day with Jesus Brings Exactly What We Need

- God's mercies are new every morning.
- His compassion sustains us, even in seasons of grief or uncertainty.
- Scripture: Lamentations 3:22-24

##### A New Day with Jesus Gives Us the Hope to Keep Going

- Hope is found not in our circumstances but in God's unchanging faithfulness.
- We can hold firmly to hope because He keeps His promises.
- Scripture: Lamentations 3:25; Hebrews 10:23

##### A New Day with Jesus Provides the Help We're Asking For

- God invites us to wait on Him with trust and expectancy.
- His salvation and help arrive in His perfect timing.
- Scripture: Lamentations 3:26; Romans 13:11-12

## Talk About It

Jeremiah shifts from despair to hope by calling God's character to mind (Lamentations 3:21–23).

- What practices help you redirect your focus toward God's faithfulness when life feels overwhelming or disappointing?

Lamentations was written during one of Israel's darkest moments.

- Why do you think God invites His people to be honest about their grief, and how have you seen hope emerge in your own life through seasons of lament?

Waiting on the Lord is a consistent theme in this passage (Lamentations 3:24–26).

- What makes waiting on God difficult, and how might embracing “a new day with Jesus” change the way you approach situations where you feel stuck or uncertain?

**A new day with Jesus brings the hope, strength,  
and help we need, because His faithfulness is greater  
than whatever we're facing.**

## Prayer

Lord, thank You for meeting us with new mercy and fresh hope every day. In the places where we feel weary, uncertain, or discouraged, we ask you to remind us of Your faithfulness. Help us to wait on You with trust, to walk in the hope Jesus gives, and to see Your goodness even in the hard places. Strengthen our hearts this week, and let Your presence lead us in every step we take. Amen.

## Next Steps

Start each day by recalling God's mercies.

- Take a moment every morning this week to name one way God has been faithful, allowing gratitude to set the tone for your day.

Choose hope in one area that feels discouraging.

- Identify a situation where you've been tempted to give up, and intentionally speak God's promises over it, trusting His faithfulness more than your circumstances.

Practice waiting on the Lord with purpose.

- Set aside a few minutes daily to be quiet before God. Pray, listen, and invite Him to shape your desires and decisions as you wait for His direction.