



Title: When Sorrow Sits Alone

Text: Lamentations 1:1-11

1. The Lonely City (1-3)

2. The Bitter Memory (1:4-7)

3. The Honest Cry (1:8-11)

### Life Application Questions:

1. How does the image of Jerusalem as a lonely widow help us understand the effects of sin and judgment? In what ways does sin still isolate people today?

2. Jerusalem trusted in “lovers” (false gods and unreliable allies). What are some modern-day “lovers” or false sources of comfort people turn to instead of God? How can we guard against these in our own lives?

3. Lamentations does not shy away from admitting guilt. Why is it important that lament includes confession? How does this deepen our understanding of God’s grace in Christ?

4. In what ways does Jesus fulfill the hope that Lamentations longs for? How does His experience of loneliness, shame, and suffering on the cross bring comfort to those who feel the devastation of sin today?