



Lamentations 5:19-22

You, Lord, reign forever; your throne endures from generation to generation. Why do you always forget us? Why do you forsake us so long?

Restore us to yourself, Lord, that we may return; renew our days as of old unless you have utterly rejected us and are angry with us beyond measure.

Conversation Starters

Next Steps: “When life takes you through the valley of tragedy, or painful and disturbing events the most important step you can take is the **next one.**” Doug lays out three ways we can take a next step in the face of tragedy or painful and disturbing life events.

Pray Honestly

1. **Lamentations 5:1 Remember, Lord, what has happened to us;**
 - a. What about your life would you like God to remember? Where would you like God to know you need restoration?
2. I am most likely to try and forget tragic, disturbing and painful parts of life. True or False? Why?

30% of psalms are complaints. Complaint to God is a common theme in the Bible.

3. Is complaint part of your relationship with God? Why or why not? How do you respond to this idea?

Confess Sin Specifically

Doug said, Confession = trust and faith. There is nothing you have done that God can't forgive, restore, and redeem. “Clearing out the junk in our life is essential to take a next step.” Do something with your guilt and shame. Identify it, name it, write it down, get rid of it.

4. Share with the group experiences you have had with confession. Is it a foreign concept for you?

Worship Passionately

Doug says, God has designed and created you to worship him, to draw attention to God. Worship is vital to you taking the next step out of despair, pain, grief.

Lamentations 5:19 You, Lord, reign forever; your throne endures from generation to generation.

5. What does this look like for you? What “song” do you sing to God?

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God's Will

Lamentations 5:21 Restore us to yourself, Lord, that we may return; renew our days as of old.

God's Will, is not what happens to you but what you **do** with what happens to you. **Not a secret to discover but something to do or to become. God's will is you taking a next step.** You change, you grow up, you respond to your life by taking one next step.

[Watch Doug's teaching from minute 21 to the end](#)

It's a Valley not a Pit.

You are not in a pit, you are in a valley. There is potential for movement in a valley, it is something you go through. A pit is something you fall into that you can't go through.

6. How does thinking of tragedy or painful disturbing events change when you consider these times as being in a valley not a pit? What does movement in a valley look like for you?