



Lamentation 3:22-23

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.

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Lament Is Biblical

1. Have you ever been discouraged from expressing your emotions? From being sad? From lamenting? What have people told you about emotions?

God Ain't Scared

2. What do you make of the idea that it is ok to be super honest with God? To even yell at God, or be angry at him? Have you ever been given permission to do this? What might that look like in your life?
3. If 1 is not very honest and 10 is completely honest where would you place yourself on a scale of 1 to 10?

Faith in Faith OR Faith in God

Watch Alice's teaching from minute 22:50 thru the end.

4. **Faith in your faith** OR **Faith in God**. How can you tell the difference? Why does it matter?
5. What happens when your **faith** is not big enough for the things that happen to you?
6. Alice shared that Lamentations helped her realize her faith was in God and his never-ending goodness not in her own strength. Why was this realization such a relief?