

RIVERVIEW CHURCH

HOME-GROUP QUESTIONS

Hope That Outlasts Pain

With Pastor Ward Cushman
August 9, 2026

Lamentations 3:19-26

NOTES:

QUESTION 1

Lamentations 3:19-20 describe a mind stuck on a loop, remembering pain "continually." When has suffering held your thoughts like that? What does it feel like to be unable to shut it off?

QUESTION 2

Lamentations 3:21 turns on one word: "But." What is the writer choosing to do in that verse, and why is the fact that he can choose such a significant realization?

QUESTION 3

At 2 a.m. when the painful thoughts won't stop, most people don't feel like they have any choice about what fills their mind. How does verse 21 challenge that? Have you experienced the freedom to redirect your thoughts?

QUESTION 4

The writer doesn't just choose to think about anything positive, he aims his mind at God specifically. What's the difference between positive thinking and what he's doing here?

[illegible]

Lamentations 3:22-24 name four truths: steadfast love that never ceases, mercies new every morning, great faithfulness, and "the Lord is my portion." Which of these four most meets you where you are right now, and why?

"The Lord is my portion" (v. 24) means God Himself is what the writer holds onto when everything else is gone. What competes with God for that place in your life, the thing you reach for first when life falls apart?

Verses 25-26 connect hope with waiting, seeking, and waiting quietly. Waiting is hard. What's the difference between anxious waiting and the quiet, trusting waiting the text describes?

The writer arrives at hope (v. 21b) only after choosing, focusing, and waiting. Hope is the result, not the starting point. How does it change things to see hope as something you move toward rather than a feeling you either have or don't?