

B(less)ed – Week 2 Small Group Questions

Opening Prayer 🙏

Ice Breaker 🧊

1. What's something small you've lost that caused a big reaction?

Discuss 🗣️

Main Scriptures: Lamentations 3:18-26

1. Read Matthew 5:4. Why do you think Jesus says mourning is “blessed”? Does that feel confusing or comforting?
2. Read Lamentations 3:18-20. What emotions do you hear in Jeremiah’s words?
3. Pastor Jeff said, “Some of us need permission to grieve...or re-grieve.” Why do people sometimes avoid grieving?
4. Do you agree or disagree with this statement: Grief does not have an end date.
5. Read Romans 12:15. What does it look like to “weep with those who weep” in a practical way?
6. Read Lamentations 3:21-23. What changes in Jeremiah’s perspective in these verses?
7. Read Lamentations 3:24. Pastor Jeff said, “The faithfulness of God is not measured by how great our life is, but by how great His love is.” How does that shift your perspective on hardship?

Practice 🏃

Think of someone you know who has had to grieve in the last year. Say a prayer for them and send them an encouraging note.