



*Discover the Treasures  
Buried in Grief and Loss*

**Emotionally Healthy Discipleship 5**

**Lamentations 3:19-26**

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Person Running Through Snow



Rare Gigantic Spider



Close-Up of Sewing Needle Collection



Vibrant Sandals



Pulled Teeth

## **Lamentations 3:19-21 (ESV)**

*<sup>19</sup>Remember my affliction and my wanderings, the wormwood and the gall! <sup>20</sup>My **soul** continually remembers it and is **bowed down** within me. <sup>21</sup>But this I **call to mind**, and therefore I have **hope**:*



## **Lamentations 3:22-24 (ESV)**

*<sup>22</sup>The **steadfast love** of the LORD never ceases; his mercies never come to an end; <sup>23</sup>they are new every morning; great is your **faithfulness**. <sup>24</sup>“The LORD is my portion,” says my soul, “therefore I will **hope** in him.”*



## ***Lamentations 3:25-26 (ESV)***

*<sup>25</sup>The LORD is good to those who **wait** for him, to the soul who **seeks** him. <sup>26</sup>It is good that one should wait quietly for the **salvation** of the LORD.*



# Pay Attention to Pain

## 1. Label Your Losses

- “Remember my *affliction* and my *wanderings*, the *wormwood* and the *gall!*” (Lamentations 3:19)
- **Devastating** – premature death of a loved one, serious illness, abuse, suicide, betrayal, bankruptcy
- **Unexpected** – natural disasters, crime, cataclysmic events
- **Internal** – loss of identity, purpose, self-worth, confidence
- **Expected** – graduation, retirement, geographic move, death of an elderly loved one

# Pay Attention to Pain

## 1. Label Your Losses

## 2. Learn Lament

- “My **soul** continually remembers it and is **bowed down** within me.” (Lamentations 3:20)
- “For everything there is a **season**, and a **time** for every matter under heaven: ... a **time to weep**, and a time to laugh; a **time to mourn**, and a time to dance” (Ecclesiastes 3:1-4)

# Persevere in the Pain

## 1. Wait on the Lord

- “But this I **call to mind**, and therefore I have **hope**: ... The LORD is my portion,” says my soul, “therefore I will **hope** in him. The LORD is good to those who **wait for him**, to the soul who **seeks** him. It is good that one should **wait quietly** for the **salvation of the LORD**.” (Lamentations 3:21-26)
- “We are afflicted in every way, but **not crushed**; perplexed, but **not driven to despair**; persecuted, but **not forsaken**; struck down, but **not destroyed**; always carrying in the body the death of Jesus, so that the **life of Jesus** may also be manifested in our bodies. ... So we **do not lose heart**. ...” (2 Corinthians 4:8-16)

# Persevere in the Pain

1. Wait on the Lord

2. Express Your Emotions

- “*Jesus wept.*” (*John 11:35*)
- Responses — angry, sad, anxious, ...
- Stages of Grief — Denial, Anger, Bargaining, Depression, Acceptance

# Profit from the Pain

## 1. Promises of God

- “The **steadfast love** of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your **faithfulness**.” (Lamentations 3:22-23)
- “And after you have suffered a little while, the **God of all grace**, who has called you to his eternal glory in Christ, will himself **restore, confirm, strengthen, and establish** you.” (1 Peter 5:10)
- “Not only that, but we rejoice in our sufferings, knowing that **suffering produces endurance**, and endurance produces **character**, and character produces **hope**, and hope does not put us to shame, because **God’s love** has been poured into our hearts through the **Holy Spirit who has been given to us**.” (Romans 5:3-5)

# Profit from the Pain

## 1. Promises of God

## 2. Presence of God

- “The LORD is *near to the brokenhearted* and saves the crushed in spirit.” (Psalm 34:18)
- “Even though I walk through the valley of the shadow of death, I will fear no evil, for *you are with me*; your rod and your staff, they comfort me.” (Psalm 23:4)
- “God is our refuge and strength, a *very present help* in trouble.” (Psalm 46:1)

# Profit from the Pain

1. Promises of God

2. Presence of God

3. People of God

- *“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who **comforts us** in all our affliction, **so that we may be able to comfort those** who are in any affliction, with the comfort with which we ourselves are comforted by God.” (2 Corinthians 1:3-4)*



# Discover the Treasures Buried in Grief & Loss

1. Pay Attention to Pain
2. Persevere in the Pain (Wait on the Lord)
3. Profit from the Pain (Presence, Promises of God)



# Discussion Questions

1. What kind of losses have you experienced? As you are able, share about how you responded to one of them.
2. What has helped you to “learn lament” appropriately?
3. At what stage of grief do you tend to get stuck (denial, anger, bargaining, depression)? What helps you get to acceptance?
4. Share about an occasion where you waited on God in grief or loss. How did you develop your posture or perspective?
5. Share about a time you experienced a “profit from the pain” (promises of God, presence of God, people of God) in your grief or loss.