



Discussion Guide for “The End of Lament” *Good Grief* Week 6

In times of trauma and grief, it feels like all the structures that keep our lives stable have been stripped away. But as we enter into the process of Lament, those structures begin to reemerge. It's not daylight yet, but we can begin to sense that the long night of our grief is ending. Hope draws us together and invites those voices who have long been silenced to be front and center.

Scriptures for Further Reading

[Lamentations 5](#)

[Ecclesiastes 3:1-8](#)

[Matthew 5:1-12](#)

Passage for Sacred Reading:

A sacred reading is a method of reading Scripture that invites God to speak to us through the text. If you have never done a sacred reading, here is [a simple step-by-step guide](#). This week's passage is [Lamentations 5](#).

Questions for Discussion

1. Why do people crave presence in the midst of grief?
2. Share a time you've experienced grief or trauma. How did the presence of others grieving with you impact you?
3. Why is it important that, unlike the previous chapters, Lamentations 5 has the structure of a lament poem?
4. How is hope in grief different from saying that everything is okay again?
5. As we look toward Christmas, where can you be present with someone else?