

STEP INTO SCRIPTURE

WEEK 9:

WALKING THROUGH GRIEF WITH GOD

QUARTER 3: SOUNDS



STEP INTO SCRIPTURE

THIS WEEK'S READING:

WED, OCT 8 LAMENTATIONS 3-5

THU, OCT 9 EZEKIEL 1-4

FRI, OCT 10 EZEKIEL 5-8

SAT, OCT 11 EZEKIEL 9-12

SUN, OCT 12 EZEKIEL 13-15

MON, OCT 13 EZEKIEL 16-17

TUE, OCT 14 EZEKIEL 18-20

**30 minutes for arrival, fellowship,
and reading**

30 minutes for teaching

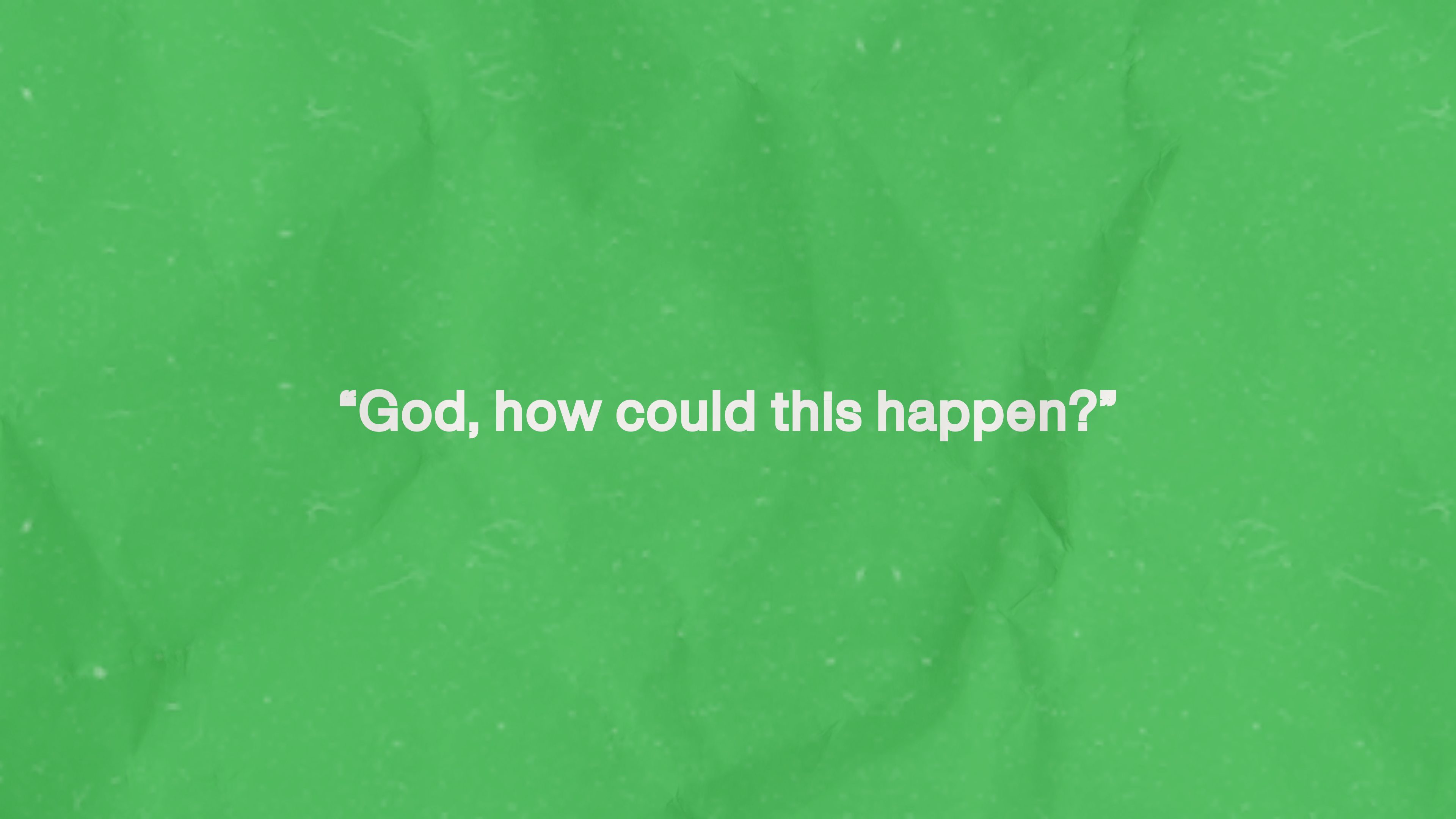
**30 minutes for table discussion and
announcements**

TODAY'S READING:

LAMENTATIONS 3-5

DAY 238 IN STEP INTO SCRIPTURE

**A lament is a desperate cry to God
when life falls apart.**



“God, how could this happen?”

**Jeremiah prophesied the destruction;
Lamentations mourns it.**

Ekah - the Hebrew name for Lamentations

Ekah means “How...”

“How deserted lies the city, once so full of people!” (Lamentations 1:1)

“How the Lord has covered Daughter Zion with the cloud of his anger!” (Lamentations 2:1)

**“How the gold has lost its luster!”
(Lamentations 4:1)**

The first temple was destroyed by the Babylonians on the ninth of Av in 586 BC, and the second temple was destroyed by the Romans on the very same date in AD 70.

LAMENTATIONS 2:20

“Look, Lord, and consider: Whom have you ever treated like this? Should women eat their offspring, the children they have cared for? Should priest and prophet be killed in the sanctuary of the Lord?

LAMENTATIONS 2:21

**“Young and old lie together in the dust of the streets;
my young men and young women have fallen by the
sword. You have slain them in the day of your anger;
you have slaughtered them without pity.**

LAMENTATIONS 2:22

“As you summon to a feast day, so you summoned against me terrors on every side. In the day of the Lord’s anger no one escaped or survived; those I cared for and reared my enemy has destroyed.”

Chapter 1: Each verse begins with the next Hebrew letter.

Chapter 2: Same pattern.

Chapter 3: Three verses per letter—66 in total.

Chapter 4: Returns to one verse per letter.

Chapter 5: 22 verses again, but without the acrostic pattern—a deliberate break in rhythm.

**Even in overwhelming pain, there is order.
There is purpose. There is a process to grief
when we bring it before God.**

There are no shortcuts to healing. There is only the long, honest walk with God through the valley of tears.

LAMENTATIONS 1:2

**She weeps bitterly in the night; tears are on her cheeks.
Among all her lovers there is no one to comfort her.**

LAMENTATIONS 1:9

Her filthiness clung to her skirts; she did not consider her future. Her fall was astounding; there was none to comfort her.

LAMENTATIONS 1:16

**My eyes overflow with tears; no one is
near to comfort me.**

LAMENTATIONS 1:17

**Zion stretches out her hands, but there is
no one to comfort her.**

LAMENTATIONS 1:21

People have heard my groaning but there is
no one to comfort me.

LAMENTATIONS 1:12

Is it nothing to you, all you who pass by? Look around and see. Is any suffering like my suffering that was inflicted on me...?

**All her friends have betrayed her; they have
become her enemies. (Lamentations 1:2b)**

2 CORINTHIANS 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

LAMENTATIONS 1:13

From on high he sent fire, sent it deep into my bones.

LAMENTATIONS 2:11

**My eyes overflow with tears; my heart is
poured out on the ground.**

LAMENTATIONS 1:20

**See, Lord, how distressed I am! I am in torment within,
and in my heart I am disturbed.**

LAMENTATIONS 1:18

The Lord is righteous, yet I rebelled against his command.

“Look, Lord, on my affliction.” (1:9)

“Look, Lord, and see, for I am despised.” (1:11)

“Look, Lord, for I am in distress.” (1:20)

**Lord, look at my affliction.
See what's happened to me.
You are the God of all comfort;
please comfort me.**

The background of the image is a lush green field with tall, slender grass blades. A small, clear stream flows through the lower portion of the field. The overall scene is bright and natural, with a soft focus on the background elements.

Look, O Lord.

LAMENTATIONS 2:1

How the Lord In his anger has set Daughter
Zion under a cloud! He has not remembered
his footstool In the day of his anger.

LAMENTATIONS 2:2

**In his wrath he has torn down the strongholds of
Daughter Judah.**

LAMENTATIONS 2:4

He has poured out his wrath like fire.

LAMENTATIONS 2:6

In his fierce anger he has spurned both king and priest.

LAMENTATIONS 2:21

**You have killed them in the day of your anger,
slaughtering without pity.**

LAMENTATIONS 2:22

**In the day of the Lord's anger no one
escaped or survived.**

HEBREWS 10:26-27

If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, but only a fearful expectation of judgment and of raging fire that will consume the enemies of God.

REVELATIONS 3:19

**Those whom I love I rebuke and discipline.
So be earnest and repent.**

LAMENTATIONS 2:19

Arise, cry out In the night, as the watches of the night begin; pour out your heart like water In the presence of the Lord. Lift up your hands to him for the lives of your children, who faint from hunger at every street corner.

LAMENTATIONS 3:17-18

I have been deprived of peace; I have forgotten what prosperity is. So I say, "My splendor is gone and all that I had hoped from the Lord."

LAMENTATIONS 3:21

Yet this I call to mind and therefore I have hope.



I call to mind.

LAMENTATIONS 3:22-24

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. I say to myself, "The Lord is my portion; therefore I will wait for him."

The steadfast love of the Lord never ends.

God's mercies are new every morning.

The Lord is my portion.

LAMENTATIONS 3:25-26

The Lord is good to those whose hope is in him,
to the one who seeks him; it is good to wait
quietly for the salvation of the Lord.

LAMENTATIONS 3:28-29

Let him sit alone in silence, for the Lord has laid
it on him. Let him bury his face in the dust—
there may yet be hope.

LAMENTATIONS 3:30

Let him offer his cheek to the one who would strike him, and let him be filled with disgrace.

LAMENTATIONS 3:33

For he does not willingly bring affliction or grief to anyone.

LAMENTATIONS 3:55-57

I called on your name, Lord, from the depths of the pit. You heard my plea: “Do not close your ears to my cry for relief.” You came near when I called you, and you said, “Do not fear.”

LAMENTATIONS 4:4

The tongue of the Infant clings to the roof of Its mouth because of thirst; the children beg for bread, but no one gives It to them.

LAMENTATIONS 4:13

**It happened because of the sins of her prophets
and the iniquities of her priests, who shed within
her the blood of the righteous.**

LAMENTATIONS 5:1

**Remember, Lord, what has happened to us;
look, and see our disgrace.**

LAMENTATIONS 5:21

**Restore us to yourself, Lord, that we may return;
renew our days as of old.**

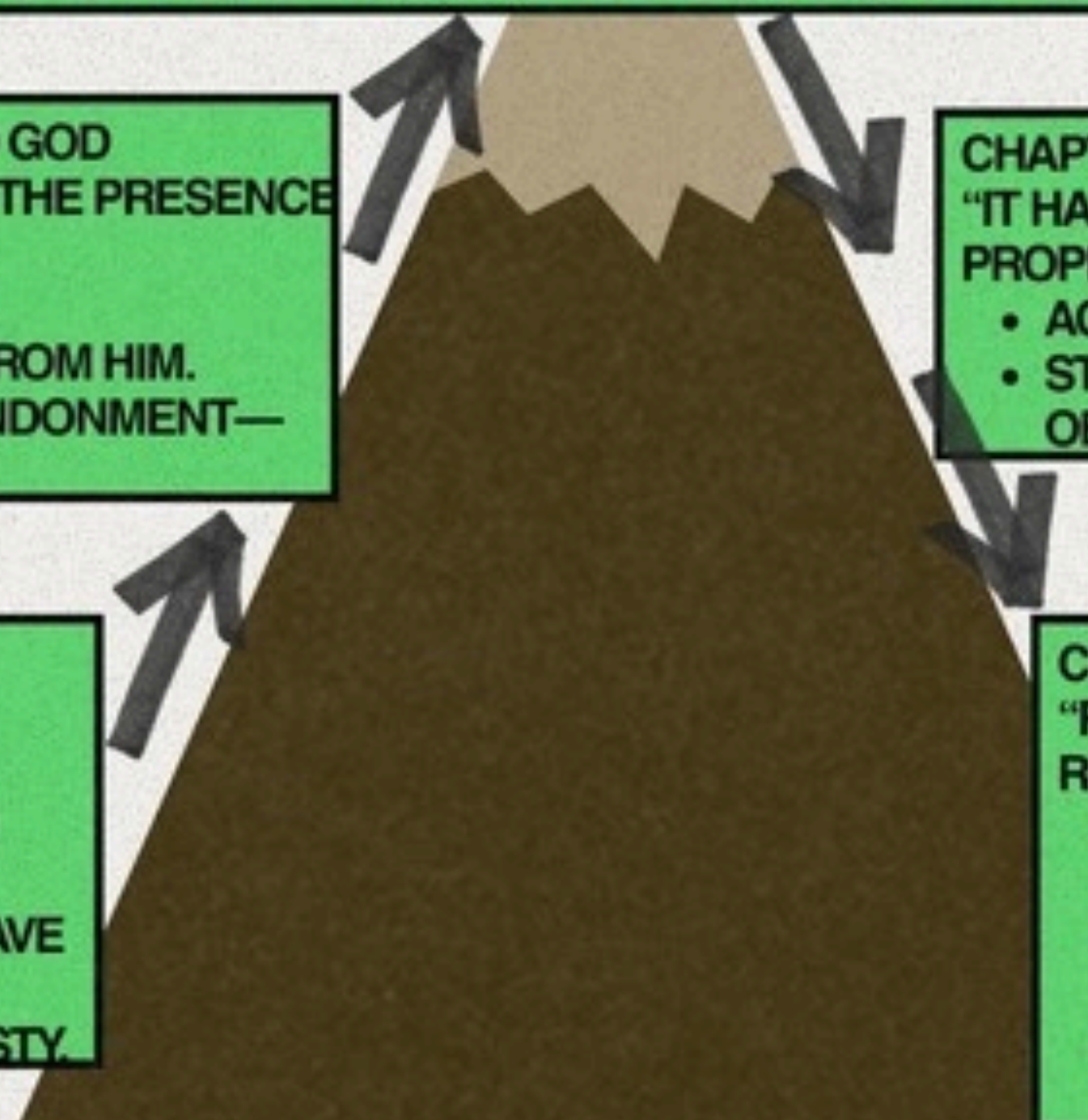
Acknowledge the Promise

Apply It to Your Situation

Ask In Faith

Adore and Trust

THE MOUNTAIN OF LAMENTATIONS: A JOURNEY THROUGH GRIEF



CHAPTER 3 – REMEMBER WHAT IS TRUE ABOUT GOD (THE SUMMIT)
“YET THIS I CALL TO MIND AND THEREFORE I HAVE HOPE...” (3:21–24)

- GOD’S LOVE NEVER ENDS.
- HIS MERCIES ARE NEW EVERY MORNING.
- THE LORD IS YOUR PORTION.
- STEP: PREACH TRUTH TO YOURSELF AND WAIT ON THE LORD

CHAPTER 2 – POUR OUT YOUR HEART TO GOD
“POUR OUT YOUR HEART LIKE WATER IN THE PRESENCE OF THE LORD.” (2:19)

- GRIEVE FREELY; CONFESS HUMBLY.
- STEP: CRY OUT TO GOD, NOT AWAY FROM HIM.
- KEY THEME: HIS ANGER IS NOT ABANDONMENT—IT’S INVITATION.

CHAPTER 4 – REFLECT AND REPENT
“IT HAPPENED BECAUSE OF THE SINS OF HER PROPHETS...” (4:13)

- ACCEPT GOD’S DISCIPLINE; LET PAIN REFINE YOU.
- STEP: EXAMINE YOUR HEART AND RETURN TO OBEDIENCE.

CHAPTER 1 – ACKNOWLEDGE GOD’S CHARACTER
“THE LORD IS RIGHTEOUS...” (1:18)

- RECOGNIZE THAT GOD IS JUST AND HOLY EVEN IN SORROW.
- CRY: “LOOK, O LORD!” WHEN YOU HAVE NO OTHER WORDS (1:9, 11, 20).
- STEP: TURN TOWARD GOD IN HONESTY.

CHAPTER 5 – PRAY THE PROMISES
“RESTORE US TO YOURSELF, LORD, THAT WE MAY RETURN.” (5:21)

- PRAY IN FAITH, CALLING GOD TO REMEMBER HIS WORD.
- STEP: HOLD FAST TO HIS COVENANT FAITHFULNESS.
- ANCHOR: “GREAT IS YOUR FAITHFULNESS.” (3:23)