

Study Guide: "Where Do We Go From Here?"

Scripture Reference:

Lamentations 3:18-26

"Yet I still dare to hope when I remember this: The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning."

Introduction

After recent events, many are wrestling with disappointment and uncertainty, asking, "Where do we go from here?" The results of this past election have left many feeling disheartened and questioning the future. But the Word of God in Lamentations reminds us that we have a pathway forward: by acknowledging our pain, anchoring ourselves in God's promises, and expecting His mercies anew every day.

Jeremiah, the "weeping prophet," wrote Lamentations during a time of national despair. Jerusalem had been destroyed, the temple was in ruins, and hope seemed out of reach. Yet, even in this bleakness, Jeremiah found strength in God's unfailing love and mercy. His words teach us that even in the darkest moments, God's faithfulness remains a steadfast anchor.

1. Acknowledge the Pain

(Lamentations 3:18-20)

Quote:

"Give yourself permission to feel without being rushed into wellness."

Reflection:

In these verses, Jeremiah doesn't hide his anguish; he expresses it openly. He acknowledges his grief and the depth of his pain, and we, too, must be honest with God about our struggles. Often, we suppress our sorrow or cover it with a brave face, but true healing begins when we confront our pain honestly.

God welcomes our honesty. Psalm 34:18 tells us that He is close to the brokenhearted. Admitting our pain is not a sign of weakness but a pathway to wholeness. Before we can move forward, we must be willing to face the reality of our hurt, to lament, and to grieve.

Questions for Reflection:

1. What pains or frustrations have you been holding back from God?

2. How can you bring your true emotions before Him this week?
 3. In what ways can acknowledging your pain lead you toward deeper healing?
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2. Anchor in God's Promises

(Lamentations 3:21-23)

Quote:

"Don't let what you see make you forget what He said."

Reflection:

After expressing his sorrow, Jeremiah shifts his focus from his suffering to God's promises. He chooses to anchor himself in the unchanging love and faithfulness of God. Jeremiah's circumstances hadn't improved, but his perspective did. Hardships may come, but God's promises remain a steady anchor.

Anchoring ourselves in God's promises means remembering that His love endures through every trial and that His mercy meets us afresh each day. No matter what happens around us or within us, God's love, mercy, and faithfulness are unwavering.

Questions for Reflection:

1. What specific promises of God can you hold onto during this season?
 2. How has God's faithfulness in the past strengthened your faith today?
 3. How can you remind yourself daily to stay anchored in God's promises?
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3. Anticipate New Mercies

(Lamentations 3:23-24)

Quote:

"Every dawn of a new day brings a new dose of mercy our way!"

Reflection:

Jeremiah closes this passage by recognizing that God's mercies are new every morning. Each day brings fresh grace, strength, and hope. God's mercies are never stale or depleted. Like manna in the wilderness, His mercy is renewed daily, ready to meet us where we are.

Anticipating God's new mercies is an act of faith. We may not know what tomorrow holds, but we can trust that each new day will bring the mercy and grace we need. God's faithfulness assures us that no matter what trials we face, His love will sustain us.

Questions for Reflection:

1. How does knowing that God's mercies are new each morning encourage you?
 2. What steps can you take to start each day by looking for God's mercies?
 3. In what ways can you share God's faithful love and new mercies with others?
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Closing Challenge

As we face this new chapter, let us remember:

- **Acknowledge the Pain** – Be real about where you are.
- **Anchor in God's Promises** – Trust in His unfailing love.
- **Anticipate New Mercies** – Look forward with confidence in God's daily faithfulness.

Memory Verse:

"The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning." – Lamentations 3:22-23

Prayer:

"Lord, as we move forward in uncertain times, help us to be honest with our pain, grounded in Your promises, and hopeful for Your new mercies each day. Strengthen our hearts and renew our faith. Amen."