



# RADIATION *Worksheet*

Reflection | Application | Discussion

*Week of February 1*

Looking back at God's history gives us hope for our present.

## DISCUSSION & PRAYER ([PHILIPPIANS 4:6-7](#))

*What has God done that you are thankful for this week?*

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*What challenge are you facing?*

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### DISCOVERY TEXT

#### [Lamentations 3:1-33](#)

(Read this passage on your own and aloud as a group.)

### REFLECTION

1. What specific words or phrases signal the author's shift from focusing on his affliction to focusing on God's mercies?
2. *Lamentations* was written in the context of the fall of Jerusalem and exile to Babylon (586 B.C.). What specific attributes of God does the author list, and why would these specific attributes be so important for the survivors to hear?

### APPLICATION

1. When you are going through a difficult time, what are the specific "past faithfulness" stories of God that you can call to mind to help you pivot toward hope?
2. Verses 26–27 talk about the goodness of "waiting quietly" for salvation. Most of us prefer quick fixes over quiet waiting. What is a situation in your life right now where you can practice waiting quietly instead of trying to force your own solution?

NOTE: It's the second week of Small Group! Make sure to catch any stragglers up on the [Small Group Covenant](#), the shared expectations for your group. Start planning a service project that reaches outside the church, and a social that helps build relationships within your group.