



House of Blues: Week 1  
Lamentations 1:1-4

### **Lamentations context**

**586 BC: State of the Ancient City of Jerusalem after being destroyed by Babylon**

What is your current state? If you were to go before God today and sat before him for some hours, how would you describe your current state?

### **Read Lamentations 1:1-4**

Has there been a time in your life when you felt that all of life has been destroyed, falling apart, or just deeply broken? Do you remember your attitude toward God during that time? What questions were you asking?

When you are in the “blues” are you tempted to keep it to yourself or to share it with everyone? What is your natural bent?

The author of Lamentations calls to God to see and pay attention to the blues of Jerusalem. When you have been in the blues, what role has others played to help you move through them?

It’s never fun to talk about and sit in the blues. It’s healthy to do that for a bit but it’s healthier to move toward the hope and to ponder the question, “Where is Hope?” How do you define hope?

### **Read the following verses:**

**Romans 8:25-26; 15:4; 1 Cor 15:16-20; 1 Tim 6:17; Heb 11:1**

Where are places you are seeing hope in your life today?

Ask that during this series God would not only redefine your blues but that he would give you a clear definition of HOPE.

You will hit the blues at some point. Hope begins with others being invited into them.

This week, how specifically will you take steps to make sure that you have healthy relationships around you in order to invite someone to see and pay attention to your blues?