

Lamentation and Repentance Reflection Questions

"In a Dry and Weary Land" - Class 2

February 6, 2022

Lamentation

1. What would you like to lament before the Lord?

- a. Look over your "personal pandemic timeline" and name losses or distressing circumstances that you would like to bring to God in lament.
- b. Where have limitations on gathering led to isolation, loneliness, missed celebrations, disappointment?
- c. Where is there tension, conflict, hurt, unhealthy patterns, or brokenness in your relationships with others?
 - i. People you live with - Spouse, children
 - ii. People you live with - Roommate(s)
 - iii. Adult children (children who don't live with you)
 - iv. Co-workers
 - v. Neighbors
 - vi. Extended family
- d. The suffering of others

2. We will have 5 minutes to bring your lamentations to Jesus in prayer. You may write out a prayer or sit silently in prayer.

Repentance

Prayer of Confession from the Book of Common Prayer

Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in thy ways,
to the glory of thy Name. Amen.

1. What would you like to confess to Jesus?

- Sins in thought
 - Have I harbored feelings of bitterness, anger, and resentment?
- Sins in word
 - Where have my words hurt others rather than built up?
- What we have done
 - Where have my actions hurt others rather than built up?
 - Where have I turned for comfort, relief, and escape other than Jesus?
 - Examples could include: TV, food, sex, pornography, social media, drugs or alcohol
- What we have left undone
- Where pieces of our heart have strayed from Jesus
 - Are there areas of your life where you haven't invited Jesus?
- For not loving our neighbors as ourselves
 - People you live with - Spouse, children
 - People you live with - Roommate(s)
 - Adult children (children who don't live with you)
 - Co-workers
 - Neighbors
 - Extended family

2. We will have 5 minutes to pray a prayer of repentance. You may write out a prayer or simply sit silently in prayer.