

Small Group Study Guide, Week of March 1, 2026

Jeremiah 20, “A Prophet’s Lament: When Faith Comes Under Fire,” Pastor Tim Cho

Ice Breaker: As a child, were you more of a “cry-baby” or a “put on a brave face” when you got hurt or injured?

Dig:

1. The focus of this study is Jeremiah’s lament in 20:7-18. For context, read 19:14-20:6. What prophetic message did God give Jeremiah? How did the chief temple officer react? Why? What was Jeremiah’s response?
2. Laments in the Bible often have four general components: 1) Turn to/engage God while in pain; 2) Complain—humbly and bluntly identify what’s wrong, 3) Ask/petition God for help in light of his promises, and 4) Trust—choose to have confidence in God’s grace. As you read Jeremiah’s lament in 2:7-18, look for how closely he follows this structure. What fits well? What doesn’t seem to fit? Why or why not?
3. What is the difference between a biblical lament and complaining against God?

Apply:

4. Is it “OK” for Jeremiah to complain the way he does? Why or why not? Have you ever complained the way Jeremiah does? How did God respond?
5. Is there anything happening in your life right now that makes you want to lament along with Jeremiah? If so, consider studying more about biblical lament and then take time to write your own and see how God responds.

Adapted from Serendipity Bible (1988), This Morning with God (1978), Search the Scriptures (1978)