

ON EDGE: WEEK 4

May 18th, 2025

MESSAGE RECAP

This week's message spoke directly to the reality of emotional darkness, depression, and suicidal thoughts – real pain that too many people silently carry. Drawing from Lamentations 3, we saw Jeremiah express the depth of despair and grief. Yet, in the middle of that raw honesty, he declares God's mercy is new every morning. This tension is central to the Christian walk: we don't deny the pain, but don't lose sight of the light. Jesus sees, loves, and walks with us in the valley of the shadow of death. The call is to be present, point to hope, and help connect people to care.

GROUP DISCUSSION

1. What's one thing that brings you a small sense of hope or comfort when you have a hard day?
2. Have you ever hesitated to talk about something heavy or painful because you were afraid of how someone might react? What would it take for you to feel safe opening up?
3. Read Lamentations 3:1-20. How would you describe Jeremiah's emotional and spiritual state in these verses? What words or images stand out?
4. Read Lamentations 3:21-24. What does it take to say, "Yet I still dare to hope"?
5. This weekend, we said, "Your feelings are valid, but they are not forever." Why is that important when walking through emotional pain or helping someone else who is?
6. If someone shared with you that they were struggling with dark thoughts, what would be your first instinct? How can you respond with love, presence, and wisdom when someone opens up to you?
7. What's one small way you could create a more open, supportive, and honest environment in your own home, friend group, or workplace?
8. Take time to pray for people walking in the darkness or walking with people through the darkness. (Psalm 23:4)

PRAY