In the last chapter of Lamentations, the author addresses shame. After recounting the depth of pain of suffering, he turns to the disgrace of his people. Unlike most of us, Jeremiah's brings his shame into the open. He invites God to see it, he describes it in all its gory detail. He ends by asking God for restoration. This pattern becomes a model for us and a path toward freedom from shame.

**Discussion Questions:**

1. In what kinds of situations do you feel shame?

2. Why is shame so crippling?

3. When have you been able to face your shame? What was the result?

4. What brokenness in the world is hard for you to acknowledge?

5. What brokenness has God been inviting you to face?

6. Do your prayers even end with hesitation?