

**THERE IS HOPE
FOR THE HURTING**



LAMENTATIONS 3:1-26

I. Jeremiah in experiencing terrible anguish says, "I hurt!" (Lamentations 3:1-18)



- How badly was Jeremiah hurting? (2:11-12; 3:48)
- Why is it so important for us to take our anguish to God in prayer?

II. Jeremiah, still in terrible anguish says, "I remember!" (Lamentations 3:19-21)



- Besides his past trials, what else does Jeremiah remember?
- Besides our past trials, what else do we need to be remembering?

III. Because he remembers, Jeremiah has hope in God's steadfast love (v.21-24).



- Why is it so important for us to remember the steadfast love of God?
- What will help us better remember God's steadfast love?
- How can we become a people who are typified by hope?



IV. The LORD is good to those who hope in Him and seek Him (**Lamentations 3:25**).

- Why must hoping in the LORD lead to sincerely seeking Him?
- What will happen in our lives when we truly hope and diligently seek?

**V. It is good to quietly wait
for the salvation of the LORD
(Lamentations 3:26).**



- Why is waiting quietly better than complaining?
- In terrible anguish, where will we find strength to wait quietly for God?

Call to Action: In times of anguish to quietly wait for God's steadfast love.



- When have you poured out you anguish to God concerning spiritual matters?
- What are you doing that will help you better remember the steadfast love of God?
- With what confidence are you hoping in God?
- How is that hope motivating you to seek Him?
- How quietly, confidently and regularly are you waiting for God's steadfast love?

-How can we help?