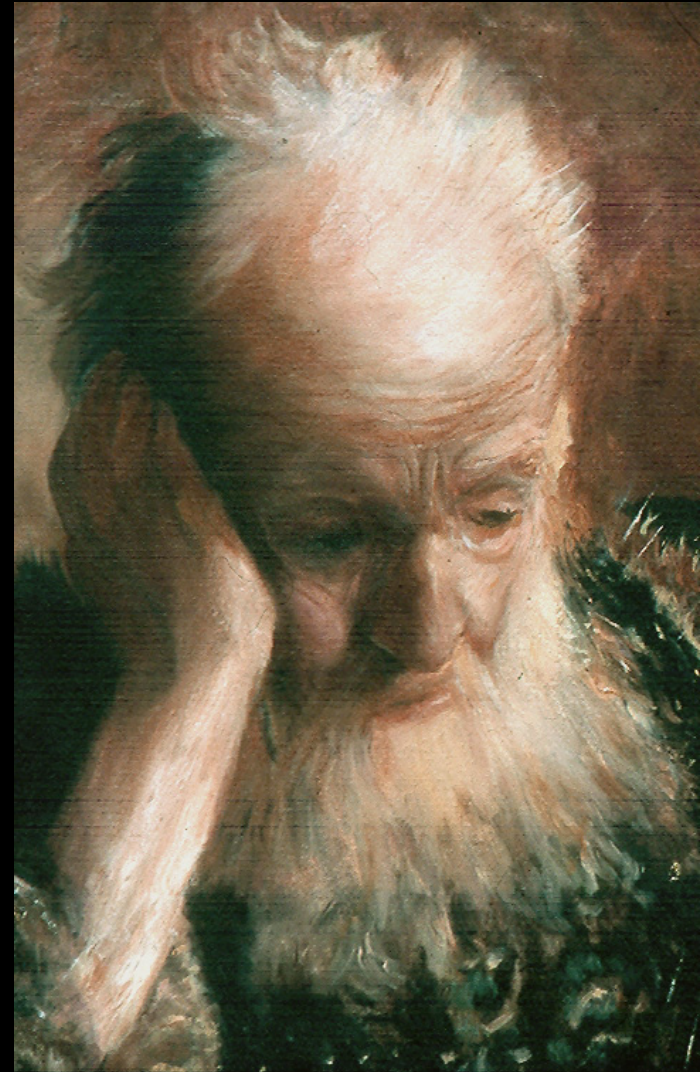


**HOPE
IN THE MIDST
OF ANGUISH**

**LAMENTATIONS
3:18-24**



**I. In times of great anguish
we can easily lose our hope
(Lamentations 3:18-20).**



- What anguish was robbing Jeremiah of his hope?

- What anguish is robbing us of our hope?

II. Remembering the steadfast love of God will help you find hope (Lamentations 3:21f).



- **What will help you to be more firmly convinced of the love of God?**

- **How would you describe your level of trust in the steadfast love of God?**

III. We need to know that the love of God never ceases (Lamentations 3:22).



- **Why is it so important that God's love is ceaseless? (Romans 8:38-39)**
- **How does your life change when you are convinced of this truth?**
- **What is helping you to grow in your assurance of this truth?**

IV. We must know that God shows new mercy every day (Lamentations 3:22-23).



- Why is it important to know that new mercy is available each day?
- Why must husbands, wives, parents and friends show new mercy daily?
- Why do we need to show mercy in the body of Christ every day?

**V. The Lord himself is the
substance of our hope
(Lamentations 3:24).**



- **What is the substance of our hope?**

- **How are we personally making God our portion?**

Call to Action: To clearly display hope even in times of anguish.



- How can you have hope when your world is crumbling around you?
- How firm is your assurance in God's love?
- What has helped you to know that God's love is ceaseless?
- What convinces you that God will show you mercy each and every day?
- What is helping you to see Jesus as your portion?

-How can we help?