

Lamentations 3:17-25

¹⁷ my soul is bereft of peace; I have forgotten what happiness is;

¹⁸ so I say, "My endurance has perished; so has my hope from the LORD."

¹⁹ Remember my affliction and my wanderings, the wormwood and the gall!

²⁰ My soul continually remembers it and is bowed down within me.

²¹ But this I call to mind,
and therefore I have hope:

²² The steadfast love of the LORD never ceases; his mercies never come to an end;

²³ they are new every morning; great is your faithfulness.

²⁴ "The LORD is my portion," says my soul, "therefore I will hope in him."

²⁵ The LORD is good to those who wait for him, to the soul who seeks him.

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pause & think

[Your Mind Your Choice]



Lamentations 3:17-25

[30 Day Guide ~ Hope Restored]

~ What word or phrase stands out to you? How does this relate to your life right now?

~ How does the state of your soul compare to the writer's? How would it feel to have hope restored?

~ Look up the word hope. Where do you need hope today? How would hope make a difference for you?

~ How does hope impact your soul? Cry out to God for hope in the context of your situation.

~ Is calling to mind a passive or active process? What would it look like practically for you to do this?

~ Look up the words steadfast and cease. Think about God's steadfast, never ceasing love for you in the midst of the situations of your life.

~ How does trusting God's steadfast, never ceasing love give you hope?

~ Look up the words mercy and pity (one of its synonyms). What does it say about God that His mercy is never ending towards us?

~ How can you see God showing you mercy and pity in your current life situations?

~ Think of someone you show mercy to. What does it look like for that mercy to be new every morning?

~ What do you have to overlook or forgive in order to give new mercy every morning? How does this help you see how God relates to you with His mercy?

~ Why does the writer respond to these truths by praising God for His faithfulness? Why is faithfulness a good attribute to sum up what he's meditating on?

~ Notice how the writer's soul is different after he has fixed his mind on God (v 24-25). How have you seen a difference in your soul? (your mind, heart, reactions, body, etc)

~ Notice the words in vs 24-25 that show a relationship. Who does the writer hope in? wait for? seek after?

~ What's the difference in waiting for God and waiting for an answer from Him? hoping in Him and hoping in His provision? seeking Him and seeking His blessing?

~ Look up the word portion. Why do you think the writer now sees the Lord as his portion when in vs 19 he was lamenting that he had no home?

~ What does it mean that the Lord is good? How have you seen His goodness in your own life recently?

~ Choose another translation to read this passage in. What stands out to you?

~ Re-read the translation you chose. Do you see any connections you hadn't seen before? What is God saying to you?

personal insights