

# Focusing on God's Faithfulness

## (Lamentations 3:19-32)



**Introduction:** We look back on years we have lived and at things we have enjoyed, places we have traveled, recall things which have been accomplished, by God's grace. We even remember the people we did some things with, whom we love and enjoy spending time with. It's a part of those wistful memories we recall. All of us wish that more of our past life would fall into the category of the wistful.

### I. A Journal for the Hope of Relief in God's Mercy

- A) The Greek word translated Lamentations means "to cry out."
- B) Around 587-586 B.C. the city of Jerusalem fell.
- C) Jeremiah is left in the debris of the defeat of his country the nation Israel.
- D) Jeremiah portrays the city in Lamentations 1:1 of this little journal he personifies the city as sitting in loneliness.

### II. An Acrostic to Remember the Days of Exile

- A) Look at how many verses are in chapters 1, 2, 4, 5 \_\_\_\_\_ verses.
- B) In the middle of this book chapter 3 has \_\_\_\_\_ verses.
- C) There are 22 characters in the Hebrew alphabet from Aleph to Tav.  
Just as we would say from A to Z.
- D) In order to help the serious student of the scriptures remember the days of exile and the harshness of unrepentant lives. The writer goes to the trouble of beginning each verse with a successive letter of the Hebrew alphabet.

### III. A View From the Lowest of Valleys

- A) How bad is it? Look at the beginning of chapter 3:1-2
- B) Verse 3-4, 7-8
- C) Verse 14
- D) The dismal summation of this is in verse 17 – no peace, no joy, no hope.

### IV. A View From the Peak of the Mountain

- A) Verse 21 is the turning point
- B) What Jeremiah called to mind (verse 22 & verse 23)

1. He deliberately turned his full focus on the \_\_\_\_\_ of God.  
"I am loved by God!"
2. "His \_\_\_\_\_ never fail."  
"God cares for me today."
3. His \_\_\_\_\_ is great.  
"God never changes."

### V. Three Practical Ways to Use What Jeremiah "Remembered" Today

1. We must learn to \_\_\_\_\_ for God to work (verse 25).
2. We must cultivate the discipline of \_\_\_\_\_ (v. 28).
3. We must learn to \_\_\_\_\_ willingly (vs. 29-32).

**Conclusion:** Things couldn't have been worse for Jeremiah so he had to focus on God's faithfulness. We must do the same!

*My Notes:*