

DON'T FORGET

LAMENTATIONS 3:21

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**This I recall to my
mind, therefore have I
hope.**

Introduction

Lamentations 1:1-3

1 How doth the city sit solitary, that was full of people! how is she become as a widow! she that was great among the nations, and princess among the provinces, how is she become tributary!

2 She weepeth sore in the night, and her tears are on her cheeks: among all her lovers she hath none to comfort her: all her friends have dealt treacherously with her, they are become her enemies.

3 Judah is gone into captivity because of affliction, and because of great servitude: she dwelleth among the heathen, she findeth no rest: all her persecutors overtook her between the straits.



I. Assess The Distress

A. Where you are

Lamentations 3:1-7

1 I AM the man that hath seen affliction by the rod of his wrath.

2 He hath led me, and brought me into darkness, but not into light.

3 Surely against me is he turned; he turneth his hand against me all the day.

4 My flesh and my skin hath he made old; he hath broken my bones.

I. Assess The Distress

A. Where you are

Lamentations 3:1-7 - continued

5 He hath builded against me, and compassed me with gall and travail.

6 He hath set me in dark places, as they that be dead of old.

7 He hath hedged me about, that I cannot get out: he hath made my chain heavy.

Do not be surprised because God's Word comes true

I. Assess The Distress

1 Peter 4:12

Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you:

Matthew 24:12

And because iniquity shall abound, the love of many shall wax cold.

I. Assess The Distress

B. Why you are

Lamentations 3:8-13

8 Also when I cry and shout, he shutteth out my prayer.

9 He hath inclosed my ways with hewn stone, he hath made my paths crooked.

10 He was unto me as a bear lying in wait, and as a lion in secret places.

11 He hath turned aside my ways, and pulled me in pieces: he hath made me desolate.

12 He hath bent his bow, and set me as a mark for the arrow.

13 He hath caused the arrows of his quiver to enter into my reins.

I. Assess The Distress

C. Who you are

Lamentations 3:14-20

14 I was a derision to all my people; and their song all the day.

15 He hath filled me with bitterness, he hath made me drunken with wormwood.

16 He hath also broken my teeth with gravel stones, he hath covered me with ashes.

17 And thou hast removed my soul far off from peace: I forgot prosperity.

I. Assess The Distress

C. Who you are

Lamentations 3:14-20 - continued

18 And I said, My strength and my hope is perished from the LORD:

19 Remembering mine affliction and my misery, the wormwood and the gall.

20 My soul hath them still in remembrance, and is humbled in me.

II. Acknowledge Your Knowledge

A. God's mercy

Lamentations 3:22-23

22 It is of the LORD's mercies that we are not consumed, because his compassions fail not.

23 They are new every morning: great is thy faithfulness.

- 1. You are not finished**
- 2. You are not left hanging**
- 3. Everyday is a fresh start**
- 4. Abundant and sufficient**

II. Acknowledge Your Knowledge

B. God's spiritual provision

1. Gives hope

Lamentations 3:24

The LORD is my portion, saith my soul; therefore will I hope in him.

2. Gives strength

Psalm 73:26

My flesh and my heart faileth: *but* God is the strength of my heart, and my portion for ever.

II. Acknowledge Your Knowledge

B. God's spiritual provision – continued

3. Gives confidence

Psalm 119:57

Thou art my portion, O LORD: I have said that I would keep thy words.

4. Gives blessing

Lamentations 3:25

The LORD is good unto them that wait for him, to the soul that seeketh him.

III. Attain The Gain

A. Peace in the trial

Lamentations 3:26

**It is good that a man should both hope and quietly wait
for the salvation of the LORD.**

III. Attain The Gain

B. Perseverance that stays

1. Learned early in life

Lamentations 3:26-27

27 It is good for a man that he bear the yoke in his youth.

28 He sitteth alone and keepeth silence, because he hath borne it upon him.

2. Learned through a humbled life

Lamentations 3:29-30

29 He putteth his mouth in the dust; if so be there may be hope.

30 He giveth his cheek to him that smiteth him: he is filled full with reproach.

III. Attain The Gain

B. Perseverance that stays - continued

3. Learned through a committed life

Lamentations 3:31-33

31 For the LORD will not cast off for ever:

32 But though he cause grief, yet will he have compassion according to the multitude of his mercies.

33 For he doth not afflict willingly nor grieve the children of men.

**DON'T GIVE
UP!!**