



# 13

LAMENTATIONS 3:19-31

# GOD'S COMFORT



## THIS WEEK'S **focus**

Life can be an emotional roller coaster sometimes. One minute, we're happy and laughing, having a great time. The next minute, we're angry and want to scream at the top of our lungs. The more life we live, the more difficulties we'll go through, and these difficulties have a way of bringing up strong emotions. We can't choose how we initially feel about a situation; emotions don't ask for permission to show up. But what we can do is choose how we respond to a situation and the emotions we feel. By reading Jeremiah's words in the book of Lamentations, we get an example of what we can do when life is tough and we're experiencing a tornado of emotions: we can go to God! The Lord created us to experience emotions, and He's the one who will comfort and encourage us through every emotional experience.



## CENTRAL **truth**

God will comfort us and bring us through difficulty.



EXPLORE

# scripture

LAMENTATIONS 3:19-33

## LAMENTATIONS 3:19-24

**19** Remember my affliction and my homelessness, the wormwood and the poison. **20** I continually remember them and have become depressed. **21** Yet I call this to mind, and therefore I have hope: **22** Because of the LORD's faithful love we

do not perish, for his mercies never end. **23** They are new every morning; great is your faithfulness! **24** I say, "The LORD is my portion, therefore I will put my hope in him."

## LAMENTATIONS 3:25-30

**25** The LORD is good to those who wait for him, to the person who seeks him. **26** It is good to wait quietly for salvation from the LORD. **27** It is good for a man to bear the yoke while he is still young. **28** Let him sit

alone and be silent, for God has disciplined him. **29** Let him put his mouth in the dust — perhaps there is still hope. **30** Let him offer his cheek to the one who would strike him; let him be filled with disgrace.

## LAMENTATIONS 3:31-33

**31** For the Lord will not reject us forever. **32** Even if he causes suffering, he will show compassion according to the abundance of

his faithful love. **33** For he does not enjoy bringing affliction or suffering on mankind.

# DAILY devotions

## MEMORIZE LAMENTATIONS 3:22-23

### 7 ARROWS FOR BIBLE READING



What does this passage say?



What does this passage tell us about God?



What did this passage mean to its original audience?



How does this passage change the way I relate to people?



What does this passage tell us about humans?



How does this passage prompt me to pray?



What does this passage demand of me?

day 1

# LAMENTATIONS 3:19-24

## DWELL

*Lament* is prayer of sorrow that is honest *with* God and honest *about* God. In lament, we tell God our best understanding of what is happening and whatever negative emotions we're feeling. We cry out to Him for comfort and encouragement; we declare who He is and that we trust Him for guidance and goodness. In times of difficulty, we can't control our initial emotions, nor should we try—God made us to be emotional! It's normal to experience anger, fear, or despair—it's just not helpful to stay there. We have to do something with those feelings. Like Jeremiah, we have to take them to God.



Do you think God wants to hear our honest feelings when we are afraid, anxious, or angry? Why or why not?



Using Jeremiah's prayer as an example, what elements (e.g., giving thanks) should your prayers to God regularly include?

## MEMORIZE

Write Lamentations 3:22-23 in a journal each day this week and read it aloud 2-3 times. If you'd like, you can decorate the margins with doodles related to the verse.

## PRAY

Tell God about any fears, frustrations, or any other feelings you might be having, and ask Him to comfort and encourage you.

day 2

# LAMENTATIONS

## 3:25-30

### DWELL

"Waiting" for God doesn't mean waiting around for Him to do something. It means trusting Him and expecting Him to respond in His way and in His good timing. If we trust in God, we can grow closer to Him in times of suffering in a way that we can't experience when everything's going great. Jeremiah didn't turn to substance abuse, food, or entertainment to deal with his pain. He sat patiently in the presence of his God. No matter the difficulty, the best thing we can do is to take our seat at the Lord's feet. That's where the courage to keep going comes from.

↓ What are some things you tend to go to instead of God for comfort? How do these things fall short?

→ What are some ways you can spend more quality time with the Lord?

### MEMORIZE

Write Lamentations 3:22-23 on a note card and post it somewhere you'll see it regularly, or save it as the lock screen on your phone. Say it aloud 2-3 times whenever you see it.

### PRAY

Ask God to give you strength and peace to wait patiently in His presence. Ask Him to guide and encourage you.

day 3

# LAMENTATIONS

## 3:31-33

### DWELL

The word *compassion* in verse 32 means to love someone deeply and show mercy and tender affection to them in their need.<sup>1</sup> God had every intention of tenderly comforting, healing, and restoring His people. In this life, we will all suffer at one time or another. There is not a single person who doesn't experience pain. Sometimes, we're the cause of our own suffering. Other times, we have nothing to do with it. But in every difficulty, we must latch on to the Lord and refuse to let go. He will comfort and heal us. He will use us to bring His comfort and healing to many other precious people in suffering.

↪ How can our difficulties help us pray for others in their difficulties?

↔ How can finding comfort in difficulty change the way we treat others?

### MEMORIZE

Every time you wash your hands today, say as much of Jeremiah 3:22-23 aloud as you can remember.

### PRAY

Pray to experience God's compassion for you. Ask Him to fill you with His compassion and lead you to show His compassion to others.

<sup>1</sup> "Strong's H7355 - Rāham," Blue Letter Bible, accessed December 28, 2022, <https://www.blueletterbible.org/lexicon/h7355/kjv/wlc/0-1/>.

day 4

# PSALM 16:7-11

## DWELL

Night time is often when we feel our most vulnerable—it can be when our strongest thoughts and feelings of anxiety, fear, and temptation come flooding in. When troubling thoughts came to David at night, he ran to the Lord. He expressed gratitude in those dark moments and asked for the Lord's counsel and guidance. The result was that God's gladness poured into David's restless mind and weary heart. Suddenly, his bed didn't feel like a place of descent into death; he could close his eyes and rest, knowing God was giving him a constant supply of divine life. He could turn out the light in abundant joy.

↓ What is it about the night that can make us feel more vulnerable, anxious, or fearful?

↻ What are some ways you can finish your day in God's joyful presence?

## MEMORIZE

Ask 2–3 people today if you can practice reciting Lamentations 3:22–23 for them.

## PRAY

Thank the Lord that He's with you to comfort you any time, any place. Ask Him for wisdom on how to finish your days in His presence so you can sleep with His peace.

day 5

# PSALM 57:1-5

## DWELL

When David ran for his life into the cave, he didn't sit in a corner and complain to his companions. He took his situation straight to God. He turned that cold cave into a warm sanctuary, where he could talk to God honestly about his violent enemies. He expressed his trust that God would save him, and he honestly praised God for His love, truth, and glory. The cave wasn't David's refuge in difficulty: God was. We, too, can find refuge in God in any place at any time. Comfort and confidence come from God whenever and wherever we ask.

↻ What are some of the things David said God would do for him in his time of difficulty?

↻ How can this psalm shape the way you pray when life is overwhelming, scary, or difficult?

## MEMORIZE

Write out each of the words of Lamentations 3:22–23 on note cards or scraps of paper, and mix them up. See if you can put them in the correct order from memory.

## PRAY

Thank the Lord for who He is and what He has done in your life. Declare your trust in Him to save, guide, and strengthen you in all places and at all times.