

From Despair
to Hope

Lam 1:1 ESV **How** lonely sits the city that was full of people! How like a widow has she become, she who was great among the nations! She who was a princess among the provinces has become a slave.

Lam 2:1 ESV **How** the Lord in his anger has set the daughter of Zion under a cloud! He has cast down from heaven to earth the splendor of Israel; he has not remembered his footstool in the day of his anger.

Lam 4:1-2 ESV **How** the gold has grown dim, how the pure gold is changed! The holy stones lie scattered at the head of every street. 2 The precious sons of Zion, worth their weight in fine gold, how they are regarded as earthen pots, the work of a potter's hands!

Lam 4:10 ESV The hands of compassionate women have **boiled their own children**; they became their food during the destruction of the daughter of my people.

Lam 3:1-3 ESV I am the man who has seen **affliction** under the rod of his wrath; 2 he has driven and brought me **into darkness** without any light; 3 surely against me he turns his hand again and again the whole day long.

Lam 3:7-8 ESV He has walled me about so that **I cannot escape**; he has made my **chains heavy**; 8 though I call and cry for help, **he shuts out my prayer**

Lam 3:15-18 ESV He has **filled me with bitterness**; he has sated me with wormwood. 16 He has made my teeth grind on gravel, and made me cower in ashes; 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.**

Lam 3:21-23 ESV 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**.

1. You choose what you meditate upon
2. Hope is revived v 21
3. Remember & acknowledge the truth about God
 - a. His love is steadfast --- His love never ceases
 - b. His mercies NEVER come to an end
 - c. Great is HIS faithfulness

Lam 3:24-25 ESV "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. 26 It is good that one should wait quietly for the salvation of the LORD.

1. The LORD is my portion says my soul (I have lost all but I have the most important - HIM)
2. My Hope is IN HIM
3. The LORD is good to those who WAIT