Jeremiah:

- Prophet to 5 Kings over 4 decades
- Authored 2 books of the Bible
- Object Lesson from God to a Nation under judgment
 - beaten and put in stocks
 - thrown in a cistern
 - price put on his head
 - condemned by contemporaries

See That Jeremiah:

- Personally affected by God's proclamations

"I sat alone, because your hand was on me and you had filled me with indignation. Why is my pain unending and my wound grievous and incurable?" Jer. 15:17

- Passionate in Desire to See God's Blessing Return

"If you repent, I will restore you that you may serve me; if you utter worthy, not worthless, words you will be my spokesman." Jer. 15:19

Lamentations:

- judgment from Jeremiah has occurred
- lament to cry out with grief. Loss proclaimed with emotion and passion
- 3:1-3 "I am the man who has seen affliction by the rod of his wrath. He has driven me away and made me walk in darkness rather than light; indeed he has turned his hand against me again and again, all day long."
 - Honest desolation and discouragement with hope.

- Discouraged, Brokenhearted and Mistreated:
- I am broken (4), I am besieged (5), I am blocked (9) I am bitter (15), I am deprived of peace (17)
 - See honesty about situation
 - I cared and now I hurt
 - I tried and was rejected
- "So I say, My splendor is gone and all that I had hoped from the Lord."

"I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, 'The Lord is my portion; therefore I will wait for him.' The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord. It is good for a man to bear the yoke while he is young. Let him sit alone in silence, for the Lord has laid it on him. Let him bury his face in the

"dust there may yet be hope. Let him offer his cheek to one who would strike him, and let him be filled with disgrace. For men are not cast off by the Lord forever. Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to the children of men." Lamentations 3:19-33

- 1. Determine to State the Truth
 - vs.21 "Yet this I call to mind, therefore I have hope"
 - deliberate response to situation I will do this!
 - honest about circumstance honest about where hope lies
 - what you dwell on dictates where your view is centered
 - your actions start in your thinking
- have to have truth hidden in heart ready to be recalled in difficult times!

2. State The Facts

- I am discouraged and amidst rubble where is hope?
- 'because of the Lords Great Love...'
- 'his compassions never fail'
- 'they are new every morning'
- 'great is your faithfulness'
- He loves us, He is faithful, He cares about me so....

- 3. Start to Act On the Truth
 - never enough to simply review the truth SO WHAT
 - vs.24-34 Four Practical Steps
 - a) Stop Running and Wait on God!
 - The Lord is my portion, therefore I will wait for him." 24
 - b) Don't just sit there Seek God!
- "The Lord is good to those whose hope is in him, to the one who seeks him." vs25

- 3. Start to Act On the Truth
 - c) Stop Talking and Listen! Vs.26
 - "It is good to wait quietly for the salvation of the Lord."
 - d) Submit to God's Plan Willingly! 29-30
- "Let him bury his face in the dust there may yet be hope. Let him offer his cheek to the one who would strike him and let him be filled with disgrace."

The Promise – "For men are not cast off by the Lord forever, though He brings grief, he will show compassion so great is His unfailing love." 31-32



So What

When being God's child brings Pain....

- 1. Make a choice to dwell on what God has revealed about himself.
 - 2. List the truth that will triumph in your circumstances
 - 3. Take action Gods way:
 - Stop running, Seek, Listen and Submit