

# THE HOPE OF HUMANITY AND THE TRUTH OF GOD

Lamentations 3

October 17, 2021

I. From \_\_\_\_\_ to trusting. – v. 18, 58

*Lament stops fixating on my \_\_\_\_\_ and fixes my eyes on the \_\_\_\_\_.*

II. Find hope in \_\_\_\_\_. – v. 21

Hope is found in what \_\_\_\_\_,  
not what we feel in the moment.

*Lament finds hope in what I believe about God, not what \_\_\_\_\_*

---

---

---

---

---

---

---

Pastor Micah pulled out four truths for hope from the second half of Lamentations 3. Which truth is most comforting to you in the midst of pain? Which one do you struggle the most to believe in the midst of pain? What do the voices in your head say to you when you are in pain and what truth can help overcome them?

---

---

---

---

---

---

---

### 3. APPLY THE TRUTH

As we continue our journey of learning to lament, it is important we keep God's truth firm in our hearts and minds so we are prepared when pain comes. Read Lamentations 3 again and pick one or two verses to memorize that can give you hope in the midst of pain and grief. If you can't find something in Lamentations 3, look other places in the Bible. Record your scripture below and start memorizing this week.

---

---

---

---



III. Four Truths for hope. – v. 22-33

1. God's mercy \_\_\_\_\_ . – v. 22-24

2. Waiting is not \_\_\_\_\_ . – v. 25-27

3. Suffering has a \_\_\_\_\_ . – v. 31-32

4. God is \_\_\_\_\_ . – v. 33

**ASSIGNMENT:** This week \_\_\_\_\_  
of God's truth for your mind and heart.

# THE HOPE OF HUMANITY AND THE TRUTH OF GOD

SMALL GROUP APPLICATION QUESTIONS

October 17, 2021

## 1. STUDY THE SCRIPTURE

Read Lamentations 3. How would you compare the first half of the chapter to the second half of the chapter? What accounts for this change in Jeremiah's writing? What can you learn from this chapter to help you walk through pain and grief?

---

---

---

---

---

## 2. ASSESS YOUR LIFE

Jeremiah hits rock bottom in Lamentations 3. What language in the scriptures reveals this? What did he do in response to his hopelessness? Have you ever had a rock bottom experience in your life? If so, how did you respond? How did you make it out?

---

---

---

---

---

Verse 21 is a turning point for Jeremiah and Lamentations. What does Jeremiah say is his source for hope? What usually happens when you focus on painful circumstances? What can help you to focus on Jesus instead of painful circumstances? When has God's truth given you hope in the midst of pain and what specific truth from Him helped you?

**LAMENT LOOKS FOR HOPE NOT IN MY TIDAL WAVE  
OF \_\_\_\_\_, BUT IN THE \_\_\_\_\_ OF GOD.**

**Stewardship Report:**

Last Week: \$6,083.00  
This Month: \$14,620.00  
Last Month: \$26,663.00  
Monthly Budget: \$26,531.00



[www.harveststl.org](http://www.harveststl.org)

