**Lamentations 3**

**Holy lament in suffering**

*How shall I admonish you? To what shall I compare you, O daughter of Jerusalem? To what shall I liken you as I comfort you, o virgin daughter of Zion? For your ruin is as vast as the sea; who can heal you?* Lam. 2:13

*I am the man who has seen affliction because of the rod of His wrath* Lam. 3:1

*He has filled me with bitterness, He has made me drunk with wormwood.*

*He has broken my teeth with gravel; He has made me cower in the dust.*

*My soul has been rejected from peace; I have forgotten happiness.*

*So I say, My strength has perished, and so has my hope from the Lord*

Lam. 3:15 – 18

1. **Holy lament is a personal confession of suffering – 3: 1 – 14**

*I am a man who has seen affliction* – 3:1

1. I have seen affliction because of God’s judgment for sin
2. I have lived in darkness not in the light
3. I have known God’s resistance day after day
4. I have known pain in my body
5. I have known pain in my mind – bitterness, distress
6. I have known deadness like the dead “He has buried me in a dark place like those long dead” - NLT
7. I have known bondage like heavy chains
8. I have known unheard prayer – “though I cry & shout He has shut out my prayers” - NLT
9. I have known detours & crooked ways of life – “He has blocked my way with a high stone wall, he has made my road crooked” - NLT
10. I have known utter helplessness & loss – “He has torn me in pieces” - NLT
11. I have known the painful reality of suffering – “He has made me the target of His arrows. He shot His arrows deep into my heart” - NLT
12. I have known mockery from others while I suffering
13. **Holy lament is a personal expression of suffering – 3: 15 -16**

*My strength has perished, and so has my hope from the Lord -* 3:18

1. God has filled me with bitterness
2. God has made me drunk with wormwood – “cup of sorrow to drink” - NLT
3. God has broken me down to the ground – “made me chew on gravel & roll in the dust” - NLT
4. **Holy lament kills personal self - confidence 3:17 -18**
5. My soul has no peace
6. My soul knows no happiness
7. My strength has perished
8. My hope from the Lord is gone

2 Cor. 1:8 – 9 – *for we do not want you to be unaware, brethren, of our affliction which came to us in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life; indeed, we had the sentence of death within ourselves so that we would not trust in ourselves but in God who raises the dead*

1. **Holy lament prepares for renewed hope in God – 3:18**

*So has my hope from the Lord – 3:18*

**Things to Remember & Do**

1. It is impossible to live without tears who considers things exactly as they are – Gregory of Nyssa
2. Suffering should be taken personally & expressed personally.

*I am the man who has seen affliction* - Lam. 3:1

*My strength has perished, and so has my hope from the Lord* – Lam. 3:18

1. Lament in suffering accepts the mystery & reality of suffering, it names the suffering & expresses the suffering.

2 Cor. 4:8 – 10 – *we are afflicted in every way, but not crushed, perplexed, but not despairing, persecuted but not forsaken, struck down, but not destroyed, always carrying about in the body the dying of Jesus, so that the life of Jesus also may be manifested in our body. For we who live are constantly being delivered over to death for Jesus sake, so that the life of Jesus might be manifested in our mortal flesh*

1. Lament in suffering doesn’t seek to do anything to change suffering, nor give an answer or remedy for it.

Lam. 2:13 - *how shall I admonish you? wo what shall I compare you, O daughter of Jerusalem? To what shall I liken you as I comfort you, o virgin daughter of Zion? For your ruin is as vast as the sea; who can heal you?*

2 Cor. 4:11 – *death works in us, but life in you*

1. Lament in suffering leads through the difficult healing operation that must be accepted through suffering

2 Cor. 12:9 – 10 - *my grace is sufficient for you, for power is perfected in weakness. Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore, I am content with weaknesses, with insults, with distresses, with persecutions, with difficulties for Christ sake; for when I am weak, then I am strong*

1. Lament in suffering prepares for renewed hope in God

**To the praise of the glory of His grace! The Lord is near to the door! Come Lord Jesus!**