**Lamentations 3:19 -23**

**Remembering God in my suffering**

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

*So I say, my strength has perished, and so has my hope from the Lord Lam. 3:18*

*Surely my soul remembers and is bowed down within me Lam. 3:20*

*This I recall to my mind, therefore I have hope Lam. 3:21*

**Jeremiah’s holy lament in his suffering – 3:1 -18**

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

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

**Jeremiah’s self - talk in his holy lament in his suffering – 3:19 - 20**

*Remember my affliction and my wandering, the wormwood and bitterness. Surely my soul remembers and is bowed down within me.*

1. He reminds himself of his sufferings

He does not ignore his sufferings, He does not dismiss his sufferings, He does not reject his sufferings - **He remembers them – he recalls them**

Why do we need to remember our sufferings?

1. He reminds himself of the miserable restlessness of his sufferings

**Remember** = zakar – to cause to remember, to call to mind

1. My affliction -misery
2. My wandering – restlessness, straying
3. My wormwood – bitterness
4. My bitterness – poisonous
5. He reminds himself of the poisonous bitterness of his sufferings
6. He acknowledges his current depression in his sufferings

*My soul remembers and is bowed down* – humbled, depressed, sunken down

Ps. 42:4 *– these things I remember and I pour out my soul within me.*

Ps. 42: 6 – *O my God, my soul is in despair within me…*

The affections are the inward moving’s of the soul. They are the feet of the soul by which we walk with God and before God.

Troubled souls are kept from close fellowship with God. Cares & worries dull the soul.

**Consider: What do tell yourself about your sufferings?**

**How do you talk to yourself about your spiritual condition?**

**Do you seek to avoid thoughts & feelings about your sufferings?**

**Jeremiah’s spiritual mindedness in his holy lament in his suffering – 3:21 – 23**

*This I recall to my mind, therefore I have hope. The Lord’s lovingkindnesses indeed never cease, for His compassions never fail. They are new every morning Great is Your faithfulness.*

1. He considers his sufferings but experiences hope in his sufferings

He recalls to his mind the condition of his soul – depressed, humbled

1. He experiences hopefulness while in his depression in his sufferings

*I have hope*

**Hope** = yahal- waiting expectation

Ps. 33:18 – 19 - *the eye of the Lord is on those who fear Him, on those who hope for His lovingkindness, to deliver their soul from death and to keep them alive in famine*

1. He hopes in the lovingkindness of the Lord in his sufferings - 3:22

*The Lord’s lovingkindnesses indeed never cease*

**Lovingkindness** – hesed = goodness, kindness – loving mercy to those who are in misery

God’s lovingkindnesses never end, never stop

God’s lovingkindnesses are many, loving mercy, loving kindness, loving grace

God’s lovingkindnesses are for all seasons and circumstances of life

God’s lovingkindnesses are for the severe times of suffering

God’s lovingkindnesses are gracious to the sinner in his suffering

1. He praises the lovingkindness in his sufferings
2. He hopes in the compassion of the Lord in his sufferings – 3:22

*His compassions never fail. They are new every morning, Great is Your faithfulness.*

**Compassion** = raham - womb – the love of a mother for a child

This is the compassion of God – God the Father’s great love for us!

God’s compassions are many

God’s compassions always come

God’s compassions are perfect for every circumstance

God’s compassions always are the best

1. He hopes in God’s great faithfulness in his sufferings – 3:23

God’s lovingkindnesses & compassions are fresh every day

God’s lovingkindnesses & compassions are faithful every day

**Faithful –** emuna = firmness, steadiness

**Consider: Do you hope in your despair?**

**Does your suffering push you to hope in God?**

**How is hope lifting you out of your emotional suffering?**

**Things to Remember & Do**

1. Talk with yourself about your suffering as you talk to God
2. Watch for hopefulness in your suffering – Rom. 5:3, 5 –we exult in our tribulations, knowing that tribulation brings about perseverance… *hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.*
3. Set your mind in your sufferings on God’s lovingkindnessess, compassions, & faithfulness
4. The life of the Christian should be a meditation on how to unloose the affections from inferior things…He that is much in heaven in his thoughts is free from being tossed with tempests here below. Richard Sibbes