

## “Reason for Hope”

Lamentations 3:21-26

### BACKGROUND

#### Jeremiah's suffering was:

1. **Divine** in origin
  - "Under the rod of his wrath" (v. 1.)
  - God ("he") is mentioned 19 times in verses 1-16 as the source of Jeremiah's trials.
  - God had judged the nation of Israel, leading to Babylon's destruction of Jerusalem in 587 BC, and this was the immediate cause of Jeremiah's despair.
2. **Damaging** in effect:
  - "I am the man who has seen affliction" (v. 1).
  - He "cannot escape" (v. 7).
  - He is a "laughingstock" & "object of their taunts" (v. 14).
  - He has "forgotten what happiness is" (v. 17).
3. **Debilitating** in outcome:
  - He was weak (v. 18).
  - He was hopeless (v. 18).

#### Jeremiah responded by:

1. **Seeking divine** remembrance (v. 19)
2. **Sinking** from **personal** remembrance (v. 20)
3. **Standing** on **scriptural** remembrance (v. 21)

**Note:** Jeremiah used **God's personal name, Yahweh**, in today's passage. This may indicate the personal relationship Jeremiah had with the Lord, as opposed to a title like Adonai or Elohim. This is reminiscent of Jesus telling us to approach God in prayer as “**our Father.**”

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*Like Jeremiah, let us stand on scriptural remembrance!  
Let us remember the truths from Lamentations 3:21-26  
and respond as Jeremiah did during times of suffering:*

**I. Meditate on God's Unfailing Love (vv. 21-22).**

**II. Meditate on God's Unfailing Mercy (vv. 22-23).**

**III. Lean on God's Unfailing Presence (v. 24).**

**IV. Lean on God's Unfailing Goodness (vv. 25-26).**

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