



Finding Hope in  
Difficult Times

I have been deprived of peace; I have forgotten what prosperity is. <sup>18</sup> So I say, “My splendor is gone and all that I had hoped from the LORD.” <sup>19</sup> I remember my affliction and my wandering, the bitterness and the gall. <sup>20</sup> I well remember them, and my soul is downcast within me.



<sup>21</sup> Yet this I call to mind and therefore I have hope:  
<sup>22</sup> Because of the LORD's great love we are not  
consumed, for his compassions never fail. <sup>23</sup> They are  
new every morning; great is your faithfulness. <sup>24</sup> I say to  
myself, "The LORD is my portion; therefore I will wait for  
him." <sup>25</sup> The LORD is good to those whose hope is in him,  
to the one who seeks him; <sup>26</sup> it is good to wait quietly for  
the salvation of the LORD.

Lamentations 3:17–26



Finding Hope in Difficult Situations



# Hard Times: A World In Turmoil

# The City Is Destroyed!

How deserted lies the city, once so full of people! How like a widow is she, who once was great among the nations! She who was queen among the provinces has now become a slave...<sup>3</sup> After affliction and harsh labor, Judah has gone into exile. She dwells among the nations; she finds no resting place. All who pursue her have overtaken her in the midst of her distress.

Lamentations 1:1, 3



Finding Hope in Hard Times

# A Feeling of Despair

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Lamentations 3:17–20



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Why Do Times  
Like This Happen?

# Betrayed

I called to my allies but they betrayed me.

Lamentations 1:19 (NIV)

I called to my lovers, but they deceived me.

Lamentations 1:19 (ESV)





# Our Sin Exposed

The visions of your prophets were false and worthless; they did not expose your sin to ward off your captivity. The oracles they gave you were false and misleading.

Lamentations 2:14



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# Time To Examine Ourselves and Repent

<sup>40</sup> Let us examine our ways and test them, and let us return to the LORD. <sup>41</sup> Let us lift up our hearts and our hands to God in heaven, and say: <sup>42</sup> “We have sinned and rebelled...”

Lamentations 3:40–42



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# Turn To Our Compassionate, Faithful God

<sup>21</sup> Yet this I call to mind and therefore I have hope:  
<sup>22</sup> Because of the LORD's great love we are not consumed,  
for his compassions never fail. <sup>23</sup> They are new every  
morning; great is your faithfulness.

Lamentations 3:21–23



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# Waiting For God

<sup>24</sup> I say to myself, “The LORD is my portion; therefore I will wait for him.” <sup>25</sup> The LORD is good to those whose hope is in him, to the one who seeks him; <sup>26</sup> it is good to wait quietly for the salvation of the LORD.

Lamentations 3:24–26



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Applying  
the Word