

JEREMIAH'S GRIEFS EXPRESSED
(Lamentations 3:1-66)

- I. His DISTRESS (Lamentations 3:1-20)
 - A. His AFFLICTION was imposed by the rod of God's JUDGMENT (1-3)
 - B. He has been made POWERLESS (4-6)
 - C. He felt IMPRISONED, IGNORED, and OBSTRUCTED by God (7-9)
 - D. God is like a wild BEAST seeking to AMBUSH and DESTROY him (10-11)
 - E. God is like a skilled ARCHER who always hits his TARGET (12-13)
 - F. Jeremiah's people DISDAIN and RIDICULE him (14-15)
 - G. Jeremiah's BRUTAL humiliation has led to utter DESPAIR (16-18)
 - H. He's DEPRESSED because he can't STOP THINKING about his suffering and loss (19-20)

- II. His HOPE (Lamentations 3:21-40)
 - A. Hope springs from intentionally FOCUSING the MIND on the Lord (21-24)
 - 1. It comes from remembering God's unceasing LOVE, his unfailing COMPASSION, and His unflagging FAITHFULNESS
 - 2. His MOOD has changed, but not his CIRCUMSTANCES
 - 3. He claimed the LORD as HIS PORTION
 - B. He expresses some QUALITIES of genuine FAITH (25-27)
 - 1. It includes confidence in God's GOODNESS to those who TRUST

2. It includes WAITING for God's help without COMPLAINT
 3. It includes accepting and learning from HARDSHIP
- C. The yoke of affliction must be borne in PATIENT SILENCE (28-30)
 - D. He knew his suffering and alienation from God were TEMPORARY (31)
 - E. God will TEMPER His wrath with MERCY (32-33)
 - F. The Lord does not APPROVE of INJUSTICE (34-36)
 - G. He affirms the Lord's sovereign CONTROL of ALL THINGS (37-38)
 - H. We are all GUILTY of sin and DESERVE chastisement (39)

III. His PRAYER (Lamentations 3:40-66)

- A. An appeal for MERCY (3:40-51)
 1. Jeremiah urges HUMBLE REPENTANCE (40-42)
 2. God had PUNISHED them, REJECTED them, and HUMILIATED them because their rebellion demanded it (43-45)
 3. Jeremiah summarizes the DESTRUCTION of Jerusalem (46-47)
 4. As an eyewitness, he was OVERWHELMED with GRIEF (48-51)
- B. An appeal for VENGEANCE (3:52-54)
- C. An appeal for DELIVERANCE (3:55-66)
 1. "You delivered ME when I called on You in the PIT" (55-58)
 2. "You know our CURRENT SITUATION" (59-63)
 3. "You will deal with them as they DESERVE" (64-66)