

# GETTING FROM HOPELESSNESS TO HOPE

## Sermon Outline — Lamentations 3

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Kelly Stanley

- The Hebrew word translated as “lamentations” is [אֵיכָה, ‘Ēykhôh] and it means one word: \_\_\_\_\_. Our English word “lamentation” means “to \_\_\_\_\_.” You could call the book of Lamentations the book of \_\_\_\_\_.

### What Are the Steps to move from hopelessness to hope?

#### 1. \_\_\_\_\_.

- † Lamentations 3:1-10, “I am the one who has seen the afflictions that come from the rod of the Lord’s anger. <sup>2</sup>He has led me into darkness, shutting out all light. <sup>3</sup>He has turned His hand against me again and again, all day long. <sup>4</sup>He has made my skin and flesh grow old. He has broken my bones. <sup>5</sup>He has besieged and surrounded me with anguish and distress. <sup>6</sup>He has buried me in a dark place, like those long dead. <sup>7</sup>He has walled me in, and I cannot escape. He has bound me in heavy chains. <sup>8</sup>And though I cry and shout, He has shut out my prayers. <sup>9</sup>He has blocked my way with a high stone wall; He has made my road crooked. <sup>10</sup>He has hidden like a bear or a lion, waiting to attack me” (NLT)
- † Lamentations 3:17-18, “I cannot find peace; I cannot remember happiness. <sup>18</sup>I tell myself I am finished. And I can’t count on the Lord to do anything for me. I have lost all hope in the Lord” (CEV).
- † John 13:7, “Jesus replied, ‘You don’t understand now what I am doing, but someday you will’” (NLT).
- † Job 13:15, “Even if God kills me, I have hope in Him; I will still defend my ways to His face” (NCV).

#### 2. I focus on the \_\_\_\_\_ rather than on my pain and loss.

- † Lamentations 3:19, “The thought of my pain and my homelessness is bitter poison” (GNT).
- \_\_\_\_\_ keeps you caught in your own pain and that creates \_\_\_\_\_.
- † Lamentations 3:20-24, “I think of it constantly and my spirit is depressed. <sup>21</sup>Yet hope returns when I remember this one thing: <sup>22</sup>The Lord’s unfailing love and mercy still continue, <sup>23</sup>Fresh as the morning, as sure as the sunrise. <sup>24</sup>The Lord is all I have, and so in Him I put my hope”
- † Lamentations 3:31-34, “The Lord is merciful and He won’t reject us forever. <sup>32</sup>He may bring us sorrow, but His love for us is sure and strong. <sup>33</sup>He takes no pleasure in causing us grief or pain. <sup>34</sup>He takes no pleasure out of making your life miserable” (GNT).
- † Romans 8:28, “We know that in all things God works for the good of those who love Him, who are fulfilling His purpose for their life” (PAR).

#### 3. Spend time \_\_\_\_\_.

- † Isaiah 40:31, “Those who wait for the Lord will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary” (NASB).
- † Lamentations 3:28, “When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don’t ask questions: Wait for hope to appear” (MES).
- † Matthew 6:5-6, Jesus said, “And when you come before God, don’t turn that into a theatrical production either. <sup>6</sup>Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and as honestly as you can manage. The focus will shift from you to God, and you will begin to sense God’s grace” (MES).
- † Lamentations 3:25-26, “The Lord is good to everyone who trusts in Him. <sup>26</sup>So, it is best for us to wait in patience—to wait for Him to save us” (TEV).

4. I \_\_\_\_\_.

- This is called the principle of \_\_\_\_\_ or \_\_\_\_\_ or \_\_\_\_\_.
- \_\_\_\_\_ if facing the \_\_\_\_\_ without being discouraged by them.
- You can change \_\_\_\_\_.

+ Lamentations 3:40, "Let us examine our ways and test them, and let us return to the Lord" (NIV).

- The Hebrew word translated as "test" is [וַנְחַקֶּרָה, wenacora] and means "to test the \_\_\_\_\_."

+ Psalms 103:23-24, Search me, O God, and know my heart; test me and know my anxious thoughts.

<sup>24</sup>Point out anything in me that offends You, and lead me along the path of everlasting life" (NLT).

+ Proverbs 20:27, "The Lord's light penetrates the human spirit, exposing every hidden motive" (NLT).

- The most damaging emotion is \_\_\_\_\_.

+ Jeremiah 38:6, "They took Jeremiah and put him into the cistern . . . They lowered Jeremiah by ropes into the cistern; it initially had no water in it, only putrid mud, and Jeremiah sank down deep into the mud" (PAR).

+ Lamentations 3:53-58, "My enemies threw me into a pit and pelted me with rocks. <sup>54</sup>The rains came and filled the pit. The water rose over my head. I said, 'It's all over.' <sup>55</sup>I called out Your name, O God, called from the bottom of the pit. <sup>56</sup>You listened when I called out, 'Don't shut Your ears! Get me out of here! Save me!' <sup>57</sup>You can close when I called out. You said, 'Do not fear. It's going to be all right.' <sup>58</sup>You took my side, Master; You brought me back alive" (MES).

5. I ask God to help me \_\_\_\_\_ my \_\_\_\_\_ into Him, my heavenly Father.

+ Psalms 34:4, "I prayed to the Lord, and He answered me. He freed me from all my fears" (NLT).

+ Psalms 27:13, I would have despaired had I not believed that I would see the goodness of the Lord in the land of the living" (AMP).

+ Proverbs 3:5-6, "Trust in the Lord with all your heart; do not depend on your own understanding.

<sup>6</sup>Seek His will in all you do, and He will show you which path to take" (NLT).

6. \_\_\_\_\_ first, asking God to \_\_\_\_\_ hope however He sees best.

+ Lamentations 5:21, "Restore us, O Lord, and bring us back to You again! Give us back the joys we once had!" (NLT).

+ Psalms 46:1, "God is our hope and strength, and help in troubles, a Restorer, ready to be found" (PAR).

+ Luke 19:10, Jesus said, "For the Son of Man came to seek and to save the lost" (NIV).

+ Joel 2:1-2, The Lord says, 'I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. <sup>2</sup> . . . and you will praise the Lord your God as your hope" (PAR).

+ 2 Corinthians 5:17, "Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" (NLT).

+ Psalms 42:11, "So I say to my soul, 'Don't be discouraged. Don't be disturbed. Don't be hopeless. For I know my God will break through for me.' Then I'll have plenty of reasons to praise Him all over again. Yes, He is my saving grace and hope!" (TPT).

+ Romans 15:13, "Now may God, the fountain of hope, fill you to overflowing with uncontainable joy and perfect peace as you trust in Him. And may the power of the Holy Spirit continually surround your life with His super-abundance until you radiate with hope!" (TPT).

+ Psalms 130:5, "I wait for the Lord, my whole being waits, and in His Word I put my hope" (NIV).