

Lamentations 3 v 21-24

Background: this was written around 600BC. God's people had been taken in captivity to a foreign land. Jerusalem, and the Temple, had been destroyed. It



was a time of national disaster and social disruption for the Jewish people.

How do you feel about your current situation?

How do you think the Jews were feeling about their situation?

Read Lamentations 3 v 21-24

How would you describe the attitude of a person who could write these words in the middle of a crisis?

During a national disaster the writer has hope in God. He knows God loves him and will give him strength to cope ('we are not consumed'). He knows that God is enough for his situation ('the LORD is my portion; therefore I will wait for him') and will not forget him.

As life falls apart he trusts God to be with him in the mess. It is a statement of faith, not a prayer for changed circumstances.

Read Psalm 91 v 1-2

What do the pictures of God casting a shadow over us in the heat of the day / being a refuge (safe place) / fortress tell us about God and His care for us when things are tough?

Prayer: Father God, thank you that you love me deeply and are with me in my bad days as well as the good ones. Thank you that you are a firm foundation for me to build my life upon. You are a place of safety for me. Thank you for walking alongside me in my troubles today. And thank you that one day Jesus will come back and take His children Home and all the suffering will stop. Amen.

Lamentations 3 v 21-24

²¹ Yet this I call to mind and therefore I have hope:

²² Because of the LORD's great love we are not consumed, for his compassions never fail.

²³ They are new every morning; great is your faithfulness.

²⁴ I say to myself, "The LORD is my portion; therefore I will wait for him."

Psalm 91 v 1-2

¹ Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

² I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

Footprints

One night a man had a dream. He dreamed He was walking along the beach with the LORD. Across the sky flashed scenes from His life. For each scene He noticed two sets of footprints in the sand. One belonging to Him and the other to the LORD. When the last scene of His life flashed before Him, he looked back at the footprints in the sand. He noticed that many times along the path of His life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times of His life.

This really bothered Him and He questioned the LORD about it. LORD you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life there is only one set of footprints. I don't understand why when I needed you most you would leave me.

The LORD replied, my precious, precious child, I love you and I would never leave you! During your times of trial and suffering when you see only one set of footprints, it was then that I carried you.

(Author unknown)

