

I'll never forget the trouble, the utter lostness, the taste of ashes, the poison I've swallowed. I remember it all—oh, how well I remember— the feeling of hitting the bottom. But there's one other thing I remember, and remembering, I keep a grip on hope: GOD's loyal love couldn't have run out, his merciful love couldn't have dried up. They're created new every morning. How great your faithfulness! I'm sticking with GOD (I say it over and over). He's all I've got left. GOD proves to be good to the man who passionately waits, to the woman who diligently seeks. It's a good thing to quietly hope, quietly hope for help from GOD.
Lamentations 3:19-26 (MSG)

Remember

That is what I will do. **What will you do?** I will remember your love that never ends and your compassion that never runs out. **When will you remember my love and compassion? How will you remember my love and compassion? Is remembering my love and compassion something that may be easier said than done?** I'd like to tackle that last question first. **Go right ahead, tackle that last question.** Remembering your love and compassion is easier said than done. This world and this life is filled with adversity and hardship. This world and life and all its adversity and hardship could easily divert my focus and take my eyes off of you. I could be tempted to focus my heart and mind and life on all that is swirling and raging around me in this world. And at this time, in this current situation, there is plenty to make me fearful and afraid and forgetful of your love and compassion. That would be a big mistake. **Why is that?** You want me to know your love and compassion. You want me to live in your love and compassion. You want your love and compassion to give me a firm grip on the hope I have in you, right now, and in my eternal future in heaven with you. **Yes, I do want you to have a firm grip on all the hope you have in me. It is my love and compassion that will give you hope to carry you through all the adversity and hardship you will face in this life.** I get that. I understand. **That's good.**

Now, I will tackle your other questions. **I'm listening.** To remember your love and compassion, I will meet with you in the morning. I will not let a day start without meeting with you. As I am in your presence, I will once again be reminded of your love and compassion for me. **Why is that?** Each morning as we meet together you will once again, as always and forever, show your love and compassion to me. **Yes, I will continually show you my love and compassion as we meet together.** As we meet together my heart and mind and life will be focused on you, rather than on all that swirls around me in the world. **That's good.** I will be comforted and encouraged and strengthened and given an abundance of hope. **Why is that?** Because, I know that you have a firm grip on me, and I have a firm grip on you. Nothing could be better than or stronger than that. **Yes, we both have a firm grip on each other and that is very good.** Thank you, Lord.

Lord, I will remember your love that never ends and your compassion that never runs out. They are new every morning. Your love and compassion is what continues to give me a firm grip on hope. Thank you that your love and compassion has sustained my life. Amen

Becoming Like Christ *I Have Hope*

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him." The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD. Lamentations 3:19-26 (NIV)

NIV Lamentations 3:19-26

Becoming Like Christ *Dare To Hope*

The thought of my suffering and homelessness is bitter beyond words. I will never forget this awful time, as I grieve over my loss. Yet I still dare to hope when I remember this: The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, "The LORD is my inheritance; therefore, I will hope in him!" The LORD is good to those who depend on him, to those who search for him. So it is good to wait quietly for salvation from the LORD. Lamentations 3:19-26

NLT Lamentations 3:19-26

Becoming Like Christ *I Have Hope*

The thought of my affliction and my homelessness is wormwood and gall! My soul continually thinks of it and is bowed down within me. But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness. "The LORD is my portion," says my soul, "therefore I will hope in him." The LORD is good to those who wait for him, to the soul that seeks him. It is good that one should wait quietly for the salvation of the LORD.

NRSV Lamentations 3:19-26

Becoming Like Christ *I Have Hope*

[O Lord] remember [earnestly] my affliction and my misery, my wandering and my outcast state, the wormwood and the gall. My soul has been continually in remembrance and is bowed down within me. But this I recall and therefore have I hope and expectation: It is because of the Lord's mercy and loving-kindness that we are not consumed, because His [tender] compassions fail not. They are new every morning; great and abundant is Your stability and faithfulness. The Lord is my portion or share, says my living being (my inner self); therefore will I hope in Him and wait expectantly for Him. The Lord is good to those who wait hopefully and expectantly for Him, to those who seek Him [inquire of and for Him and require Him by right of necessity and on the authority of God's word]. It is good that one should hope in and wait quietly for the salvation (the safety and ease) of the Lord.

AMP Lamentations 3:19-26

Becoming Like Christ *I Have Hope*

Remember my affliction and my wandering, the wormwood and bitterness. Surely my soul remembers And is bowed down within me. This I recall to my mind, Therefore I have hope. The LORD'S lovingkindnesses indeed never cease, For His compassions never fail. They are new every morning; Great is Your faithfulness. "The LORD is my portion," says my soul, "Therefore I have hope in Him." The LORD is good to those who wait for Him, To the person who seeks Him. It is good that he waits silently For the salvation of the LORD.

NASB Lamentations 3:19-26

Becoming Like Christ *I Have Hope*

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him." The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD. Lamentations 3:19-26 (NIV)

ESV Lamentations 3:19-26

Becoming Like Christ *I Have Hope*

Remember my affliction and roaming, The wormwood and the gall. My soul still remembers And sinks within me. This I recall to my mind, Therefore I have hope. *Through* the LORD'S mercies we are not consumed, Because His compassions fail not. *They are* new every morning; Great is Your faithfulness. "The LORD is my portion," says my soul, "Therefore I hope in Him!" The LORD is good to those who wait for Him, To the soul *who* seeks Him. It is good that *one* should hope and wait quietly For the salvation of the LORD.

NKJV Lamentations 3:19-26

Becoming Like Christ *Keep A Grip*

I'll never forget the trouble, the utter lostness, the taste of ashes, the poison I've swallowed. I remember it all—oh, how well I remember—the feeling of hitting the bottom. But there's one other thing I remember, and remembering, I keep a grip on hope: GOD's loyal love couldn't have run out, his merciful love couldn't have dried up. They're created new every morning. How great your faithfulness! I'm sticking with GOD (I say it over and over). He's all I've got left. GOD proves to be good to the man who passionately waits, to the woman who diligently seeks. It's a good thing to quietly hope, quietly hope for help from GOD.

MSG Lamentations 3:19-26

Becoming Like Christ *One Ray Of Hope*

Oh, remember the bitterness and suffering you have dealt to me! For I can never forget these awful years; always my soul will live in utter shame. *Yet there is one ray of hope: his compassion never ends.* It is only the Lord's mercies that have kept us from complete destruction. Great is his faithfulness; his loving-kindness begins afresh each day. My soul claims the Lord as my inheritance; therefore I will hope in him. The Lord is wonderfully good to those who wait for him, to those who seek for him. It is good both to hope and wait quietly for the salvation of the Lord.

TLB Lamentations 3:19-26

Becoming Like Christ *I Have Hope*

LORD, remember my suffering and my misery, my sorrow and trouble. Please remember me and think about me. But I have hope when I think of this: The LORD'S love never ends; his mercies never stop. They are new every morning; LORD, your loyalty is great. I say to myself, "The LORD is mine, so I hope in him." The LORD is good to those who hope in him, to those who seek him. It is good to wait quietly for the LORD to save.

NCV Lamentations 3:19-26

Keep A Grip On Hope

Year _____ Week _____ Day _____ Date _____

Becoming Like Christ – Lamentations 3:19-26

In Context: *Read Lamentations 3*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

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Considering The Words: ***(What words speak to your heart?)***

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Praying The Scripture:

(What prayer from your heart will you write?)

Lord, I will remember your love that never ends and your compassion that never runs out. They are new every morning. Your love and compassion is what continues to give me a firm grip on hope. Thank you that your love and compassion has sustained my life. Amen

What It Means:

(What questions speak to your heart?) *(Suggested questions for small group discussion are in bold)*

What do you remember about the adversity and hardship you have gone through in life?

How will remembering only your past adversity and hardship make you soul down cast?

Why does your past and hardship and adversity not drag you down into despair today?

How is recalling God's unlimited love and never-ending compassion helping you to keep a grip on hope?

What patterns and practices of yours have helped you to recall God's love and compassion?

How is your self-talk continuing to reaffirm to you, the love and compassion God has for you?

How has God's love and compassion brought you through past adversity and hardship?

Living It Out:

(What action step is God guiding your heart to take?)

Continue to remember how God's love and compassion has brought you through adversity and hardship in life.

Seeing It Happen:

(What are you trusting God for in your heart?)

Have faith that the love and compassion of God will bring you through any adversity and hardship you face in life.

Get Ready To Share:

(What can you share with others from your heart?)

Share with another person or your small group how the love and compassion of God has given you a grip on hope.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you remember your hope in God whose love never ends and His compassion never runs out.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will remember the hope I have in you because your love never ends, and your compassion never runs out.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, how will your love and compassion bring me through the difficulty I find myself in today?
