**The Real God Series November 6, 2022**

**The Faithfulness of God – Lamentations 3:19-26**

Recounting the Pain of Loss Lamentations 3:19-20

* Jeremiah recounted his loss and how painful it was
  + “I remember my affliction and my wandering, the bitterness…”
  + When experiencing times of loss, **lean into the grief**
  + If you have trouble in your loss, you may want to write it out, just as Jeremiah did in the book of Lamentations
* Jeremiah allowed himself time to mourn and grieve
  + “My soul is downcast within me”
  + There is no Biblical or psychological timeframe for grieving
  + Each situation is unique
  + Jeremiah shows us here to allow ourselves to be full of grief over time

Hope in God’s Faithfulness Lamentations 3:21-23

* Jeremiah had to remind himself exactly **who God is**
  + “this I call to mind”
* The main reason we are studying God’s attributes these 8 weeks is so that we know them and can recite them
  + That’s why Scripture memorization is such a key part of this study!
* “Because of God’s great love we are not consumed”
  + Many in Israel died in the Babylonian siege, but not all of God’s people perished in the war
  + God had made a promise to Israel and through His covenant love for them, **He would sustain them**
  + “For His compassions never fail”
    - Jeremiah knew in 70 years God would bring Israel back to their land
* “They are new every morning; great is your faithfulness”
  + Each new day reminds us of God’s provision of life and how He sustains us

Wait for the Lord Lamentations 3:24-26

* This is a **confident assurance** that because the Lord has promised an inheritance for all who trust in Him, we can be patient to see what He is doing
  + “I will wait for Him”
  + “It is good to wait quietly for the salvation of the Lord”
* Biblical waiting is not purely a passive endeavor
  + There is a time to be still and quiet (Psalm 46:10)
  + There is a time to seek God actively and look for next steps to take
  + Often the best question is not “why,” but “what now”

**What does this mean for me?**

* Daily encourage yourself, knowing that God is faithful to His promises for you
  + We cannot claim things God did not say
    - Do not fall victim to the “name it & claim it club”
  + Meditate upon the promises of God from His Word
* Wait upon the Lord for His purposes and His timing
  + We Americans hate to wait, but God often does His best work inside of us in the waiting
* Daily look for signposts of God’s faithfulness
* Don’t allow yourself to linger in doubt
  + Pray through it, for it, and in it
  + Make much time to be quiet in it so that you can leave room for God to show you His way

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