

**Title:** Hope

**Text:** Lamentations 3:21-25

**Target:** Hope is not lost, because my story isn't over.

1. **Truth Anchors You:** *"But this I call to mind, and therefore I have hope."* (Vs. 21)

a. **Preach to yourself:** *"call to mind"*

b. **Hope is a Choice:** *"I have hope"*

**Question:** *What truth about God do you need to intentionally "call to mind" in this season, and why is it easy to forget?*

**Question:** *How have your emotions tried to pull you away from truth recently, and what happened when you returned to what's true?*

**Question:** *What internal message do you preach to yourself when life feels overwhelming—and what message should you preach instead?*

## Cross References

*Psalms 42:5 — Speak hope to your soul*

*Philippians 4:8 — Think on what is true*

*Romans 12:2 — Renewing the mind restores perspective*

2. **Love Pursues You:** *"The steadfast love of the Lord never ceases;"* (Vs. 22)

a. **Doesn't Run Out:** *"Steadfast"*

b. **Love Doesn't Let Go:** *"Never Ceases"*

**Question:** *Where in your story can you clearly see that God's love pursued you even when you weren't pursuing Him?*

**Question:** *What part of your life makes God's "never-ceasing" love the hardest to believe?*

**Question:** *Who has shown you steadfast love in a way that reminded you of the heart of God?*

## Cross References

*Romans 8:38-39 — Nothing separates us from His love*

*Psalms 23:6 — His goodness pursues you*

*Ephesians 2:4-5 — God's "great love"*

3. **Mercy Carries You:** *"his mercies never come to an end;"* (Vs. 22b)

a. **Definition of Mercy:** *"mercies"*

**b. Demonstration of Mercy:** *“never come to an end”*

- i. Mercy rescues you from the punishment you deserved.
- ii. Mercy removes the shame we carry.
- iii. Mercy repairs what sin has broken.
- iv. Mercy renews your strength when it is lost.
- v. Mercy rerouted your life toward purpose.
- vi. Mercy redefines your identity.
- vii. Mercy reassures you that God will never give up on you.

**Question:** Where in your story can you clearly see that God’s love pursued you even when you weren’t pursuing Him?

**Question:** What part of your life makes God’s “never-ceasing” love the hardest to believe?

**Question:** Who has shown you steadfast love in a way that reminded you of the heart of God?

## Cross References

Romans 8:38–39 — Nothing separates us from His love

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4. **Faithfulness Restores You:** *“they are new every morning; great is your faithfulness.”* (Vs. 23)
- a. **Keeps Showing Up:** *“new every morning”*
  - b. **Stays Steady No Matter What:** *“great is your faithfulness”*

**Question:** What situation in your life right now most needs a fresh “new every morning” start from God?

**Question:** How has God remained faithful to you even during seasons when you were inconsistent or unfaithful?

**Question:** Where do you need God to restore something that feels broken, delayed, or dead?

## Cross References

2 Timothy 2:13 — He remains faithful

Psalm 30:5 — Joy comes in the morning

Hebrews 10:23 — He who promised is faithful

5. **Provision Sustains You:** *“The Lord is my portion,” says my soul, “therefore I will hope in him.”* (Vs. 24)
- a. **Provides what Life Can’t Give:** *“portion”*
  - b. **Provides what I Can’t Lose:** *“hope”*

**Question:** *In what area of life have you been depending on something other than God to be your “portion”?*

**Question:** *Where have you seen God provide for you in ways that surprised you?*

**Question:** *How does knowing God Himself is your portion reshape how you see your current needs or struggles?*

## **Cross References**

*Psalm 16:5–6 — The Lord is my portion*

*Philippians 4:19 — God supplies all needs*

*Matthew 6:25–34 — God provides for His children*

**6. Timing Never Fails You:** *“The Lord is good to those who wait for him, to the soul who seeks him.” (Vs. 25)*

**a. Give Room for God to Work:** *“The Lord is good”*

**b. His Timing is always Perfect:** *“Wait for Him”*

**Question:** *What part of your life right now requires waiting, and what is God teaching you in that waiting?*

**Question:** *When has God’s timing proven better than your own—even when you didn’t see it at first?*

**Question:** *What would it look like to “make room for God to work” instead of trying to force a solution or rush His process?*

## **Cross References**

*Isaiah 40:31 — Strength for those who wait*

*Psalm 27:13–14 — Wait for the Lord*

*Habakkuk 2:3 — The vision will not delay*

**Takeaway:** I have Hope because Hope has me.

**Challenge:**

Look for someone who is discouraged, a coworker, teammate, neighbor, or family member.  
Do **one intentional act** that brings hope:

- Send a verse
- Pay for a meal
- Pray with them
- Write an encouraging message
- Offer practical help

Be the living reminder that:

**“The steadfast love of the Lord never ceases.”**