

The steadfast love of the Lord never ceases;
his mercies never come to an end;
they are new every morning;
great is your faithfulness.

- Lamentations 3:22-23



Lamentations 3:1-38

A 4-PART INDUCTIVE BIBLE STUDY

SCRIPTURE PATHS BIBLE STUDIES

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Lamentations 3:1-38 Bible Study

Part I

1. How does Jeremiah view himself according to verse 1?
2. List all the things “He” has done in verses 1-16.
3. What “lens” does use to Jeremiah view his circumstances (basically, how does he feel about his life right now?) See verses 17-18.
4. What does Jeremiah’s soul remember according to verses 19-20?
5. Why would focusing on those things from verses 1-20 cause Jeremiah to lose hope as he stated in verse 18?
6. Somewhere in the white spaces of verses 20 and 21 there was a change in Jeremiah’s thinking. What change has taken place in his thinking according to verse 21?
7. What truths about God does Jeremiah *recall to mind* in verses 22-23?

8. Those truths, from verses 22-23, brought Jeremiah hope in the midst of his great despair over the struggles in his life. How can those same truths about the Lord give you hope when you grow discouraged?

9. What was the key to Jeremiah moving from despair and discouragement to hope? See the first part of verse 21.

10. What are some specific ways you can recall the Lord's mercies each day? Think of small, simple ways to do this.

Lamentations 3:1-38, Part II

11. What does it mean to have the Lord as your *portion* as we read in verse 24? To help you with your answer, think about what it means to receive a portion of something, like a portion of a family inheritance. See also Psalm 16:5; 73:26; 119:57; Jeremiah 10:16.

12. How does knowing the Lord is your portion help you to have hope? See verses 22-23.

13. The word *good* is used a few times in verses 25-27. What do you learn about how the Lord is good in verse 25? *Who* is He good to?

14. Are you waiting upon the Lord? Are you seeking Him in big or small ways? If so, then the promise of verse 25 is for you—*The Lord is good to you and intends good toward you*. Take some time to consider what that means for you.

15. What is *good* about waiting silently for the Lord from verse 26? What does that look like in a practical way?

16. When you wait silently for the Lord what are you really doing? See Psalm 9:10; 28:7; 115:11.

17. What's another good thing according to verse 27? See if you can find out what a yoke is supposed to teach oxen. How would a "yoke" be helpful for us?

18. What should our response to the yoke be according to verses 28-29?

19. What further insight can you gain about the yoke the Lord lays upon us in Matthew 11:29-30?

20. Verse 29 ends with the words, *Perhaps there is hope*. Read verses 25-29 again and explain the *hope* every believer looks for when the Lord lays His yoke upon us.

Lamentations 3:1-38, Part III

21. What is the underlying attitude we are to have as we live under the Lord's yoke from verses 25-29? See 2 Chronicles 33:12; Job 42:5-6; Luke 15:18-19; 18:13.

22. What further ways can we show that same heart response to the Lord according to verse 30?

23. What is the hope of every tried and troubled believer when they respond with humility and submission to the Lord's workings in their lives? See verses 31-33.

24. What conditional statement (uses *if* or *though*) is listed in verses 31-33?

25. What promises are given in those same verses?

26. All right, let's back up a bit and see what we have so far. Are there circumstances in your life in which you have felt just like Jeremiah from verses 1-18?

27. Has your soul been bowed down under the weight of these trials and difficulties (verses 19-20)?

28. Have you been trying to think on the truths found in verses 21-24?

29. Have you been waiting, trusting, and looking for the Lord to rescue and help you as described in verses 25-30?

30. If those things are true of you, then what encouragements can you glean *for yourself* from verses 31-33?

Lamentations 3:1-38, Part IV

31. What are some things the Lord does not approve of according to verses 34-36? So, if the Lord does not approve of those ways of doing things then He will not act that way toward you. Yet you may be in circumstances very similar to the ones described in verses 34-36. That means you need to see your circumstances through a different grid in order to view them properly and the answers are right there in the text. What's the grid you need to view your circumstances through according to verses 31-33 and verses 37-38?

32. What do you learn about all that's going on in your life according to verses 37-38?

33. Knowing the Lord's complete control over every detail, it might be tempting to think that He doesn't care about what's happening to you. What is the truth you *must* tell yourself so you can think rightly about the Lord and your circumstances? See verses 22-25 and verses 31-33.

34. Lamentations 3:1-38 is a test of our hearts to see if we will trust the Lord's goodness, no matter what our circumstances. It comes down to this: How will you place your faith and hope in the Lord, rather than your trust in your feelings?

35. Hebrews 11:6 says, *Without faith it is impossible to please God, and he who comes to Him must believe that He is and that He is a rewarder of those who seek Him.* Review Lamentations 3:19-38 and pick out the elements that showcase putting your faith and hope in the Lord, trusting in what is true of the Lord's character, and how He responds when you seek Him.

36. What truths from Lamentations minister to your heart right now?

- 37. What truths challenge you think more biblically, more accurately?

- 38. What are some ways you can carry these truths with you throughout the day to shore you up when you grow weary?