

## 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 Jeremiah use to 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.