



Finding the Strength to Go On

"Fear and a snare have come upon us, desolation and destruction. My eyes overflow with rivers of water for the destruction of the daughter of my people."
Lamentations 3:47-48

"My eyes fail with tears, my heart is troubled; my bile is poured on the ground because of the destruction of the daughter of my people" Lamentations 2:11

1. FOCUS YOUR _____

"Let him sit alone and keep silent, because God has laid it on him; let him put his mouth in the dust— there may yet be hope." Lamentations 3:28-29

2. ASK GOD TO _____

"I called on Your name, O LORD, from the lowest pit. You have heard my voice: "Do not hide Your ear from my sighing, from my cry for help." You drew near on the day I called on You, and said, "Do not fear!"" Lamentations 3:55-57

"I sought the LORD, and he answered me; he delivered me from all my fears."
Psalm 34:4

How does God deliver me from my fears?

_____ , _____ , _____

"And you shall know the truth, and the truth shall make you free." John 8:32

"There is no fear in love; but perfect love casts out fear" 1 John 4:18

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."
Joshua 1:9

3. BELIEVE GOD _____

"Turn us back to You, O LORD, and we will be restored; renew our days as of old"
Lamentations 5:21

"I am still confident of this: I will see the goodness of the LORD in the land of the living." Psalm 27:13

"When my life was ebbing away, I remembered you, LORD, and my prayer rose to you" Jonah 2:7

"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."
Lamentations 3:25-26

4. REMEMBER _____

a) God is still _____

"Because of this our heart is faint; because of these things our eyes grow dim... [but] You, O LORD, remain forever; Your throne from generation to generation." Lamentations 5:17, 19

b) God still _____

"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."
Lamentations 3:19-23

c) God is _____

"The LORD is my portion," says my soul, "Therefore I hope in Him!"
Lamentations 3:24

*"I will lift my eyes to the Maker
of the mountain I can't climb"*