

When Life Hurts

Lamentations 1:1-20

Jeremiah shows us how to respond to the hurts of life

1. We may express an overwhelming sorrow to God

Through tears (v. 2)

Through unrest (v. 3)

Through bitterness (v. 4)

Through remembering (v. 7)

Through unsurpassed sorrow (v. 12)

Through heartache (v. 20)

Through loneliness (v. 2,9,17,21)

2. We must learn from our mistakes

Reflect upon misplaced trust (vs. 2)

Remember the days of blessing (vs. 7)

Recall a forgotten destiny (vs. 9)

React to the holy being corrupted (vs. 10-11)

3. We must have an underlying confidence in God

As we confess our sin to Him (vs. 8, 20)

As we recognize the Lord's chastisement (vs. 12-15)

As we acknowledge God's righteousness (vs. 18)

As we cry out for relief (vs. 20)

Conclusion: The hurts of life can bring us closer to God
