

# Hope and Healing

Lamentation 3:12-29

# Remorse and Resentment

- Grief usually comes attached with remorse or feelings of guilt, whether that guilt is **true guilt** or **false guilt**.
- We saw that grief often comes with, resentment or grievance attached.
- Lamentations 1:12 - *“Look and see if there is any sorrow like my sorrow”*
- *“See if there is any sorrow like my sorrow, which was brought upon me, which the Lord inflicted on the day of his fierce anger” (Lam. 1:12).*

- **1 John 4:10 (NASB)** 10 In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.
- **1 John 4:10 (LBLA)** 10 En esto consiste el amor: no en que nosotros hayamos amado a Dios, sino en que El nos amó a nosotros y envió a su Hijo como propiciación por nuestros pecados.

**1 John 4:19 (ESV) 19 We love  
because he first loved us.**

**1 John 4:19 (LBLA) 19  
Nosotros amamos, porque El  
nos amó primero.**

# HOPE AND HEALING

- I have forgotten what happiness is; so I say, *‘My endurance has perished; so has my hope from the LORD’* (Lam. 3:17-18).
- Then, a few verses later, we read: *“But this I call to mind, and therefore I have hope”* (Lam. 3:21).
- *“The LORD is my portion,”* says my soul, *“therefore I will hope in him”* (Lam. 3:24).
- *“Let him sit alone in silence when it is laid on him; let him put his mouth in the dust— there may yet be hope”* (Lam. 3:28-29).

- a) I have hope.
- b) I will hope.
- c) I've lost hope.
- d) There may yet be hope.

# Hope in God's Ultimate Purpose

- **1 Thessalonians 4:13** - But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope.
- **1 Thessalonians 4:13 (LBLA)** 13 Pero no queremos, hermanos, que ignoréis acerca de los que duermen, para que no os entristezcáis como lo hacen los demás que no tienen esperanza.

# “Our grief is not like that!”

- “For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep” (**1 Thess. 4:14**).
- **1 Thessalonians 4:14** (LBLA) 14 Porque si creemos que Jesús murió y resucitó, así también Dios traerá con El a los que durmieron en Jesús.



- **Philippians 1:21-23** (ESV) 21 For to me to live is Christ, and to die is gain. 22 If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. 23 I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better.
- **Philippians 1:21-23** (LBLA) 21 Pues para mí, el vivir es Cristo y el morir es ganancia. 22 Pero si el vivir en la carne, esto significa para mí una labor fructífera, entonces, no sé cuál escoger, 23 pues de ambos lados me siento apremiado, teniendo el deseo de partir y estar con Cristo, pues eso es mucho mejor;

- **1 Corinthians 15:51-52** (NASB) 51 Behold, I tell you a mystery; we will not all sleep, but we will all be changed, 52 in a moment, in the twinkling of an eye, at the last trumpet; for the trumpet will sound, and the dead will be raised imperishable, and we will be changed.
- **1 Corinthians 15:51-52** (LBLA) 51 He aquí, os digo un misterio: no todos dormiremos, pero todos seremos transformados 52 en un momento, en un abrir y cerrar de ojos, a la trompeta final; pues la trompeta sonará y los muertos resucitarán incorruptibles, y nosotros seremos transformados.

- **1 Thessalonians 4:16-17 (NASB)** 16 For the Lord Himself will descend from heaven with a shout, with the voice of the archangel and with the trumpet of God, and the dead in Christ will rise first. 17 Then we who are alive and remain will be caught up together with them in the clouds to meet the Lord in the air, and so we shall always be with the Lord.

- **1 Thessalonians 4:16-17 (LBLA)** 16 Pues el Señor mismo descenderá del cielo con voz de mando, con voz de arcángel y con la trompeta de Dios, y los muertos en Cristo se levantarán primero. 17 Entonces nosotros, los que estemos vivos y que permanezcamos, seremos arrebatados juntamente con ellos en las nubes al encuentro del Señor en el aire, y así estaremos con el Señor siempre.

- “Christians never say goodbye.”



- “In these last months... she embraced with noble grace and dignity the many indignities connected with the loss of much of her physical beauty and strength. I vividly remember kneeling by her bedside, just a few weeks before she died, and saying to her, **‘Sweetheart, when God is done with you in the day of resurrection, you will be so beautiful that I will not recognize you. God will have to introduce me to you.’**”

# Hope in God's Immediate Presence

- *But this I call to mind, and therefore I have hope. (Lam. 3:21)*

**“One day you will see, not only  
Jerusalem restored, but  
Jerusalem made perfect.”**

**Look again at what the grieving person in Lamentations is dealing with –**

**“My soul is bereft of peace!”  
(3:17).**

**“I have forgotten what happiness is!” (3:17).**



In Lamentations 3:18 He says  
*“My endurance has perished”.*

**Lamentations 3:18 (NASB) 18**

**So I say, "My strength has  
perished, And so has my hope  
from the LORD."**

**Lamentations 3:18 (LBLA) 18**

**Digo, pues: Ha perecido mi  
vigor, y mi esperanza que venía  
del SEñOR.**

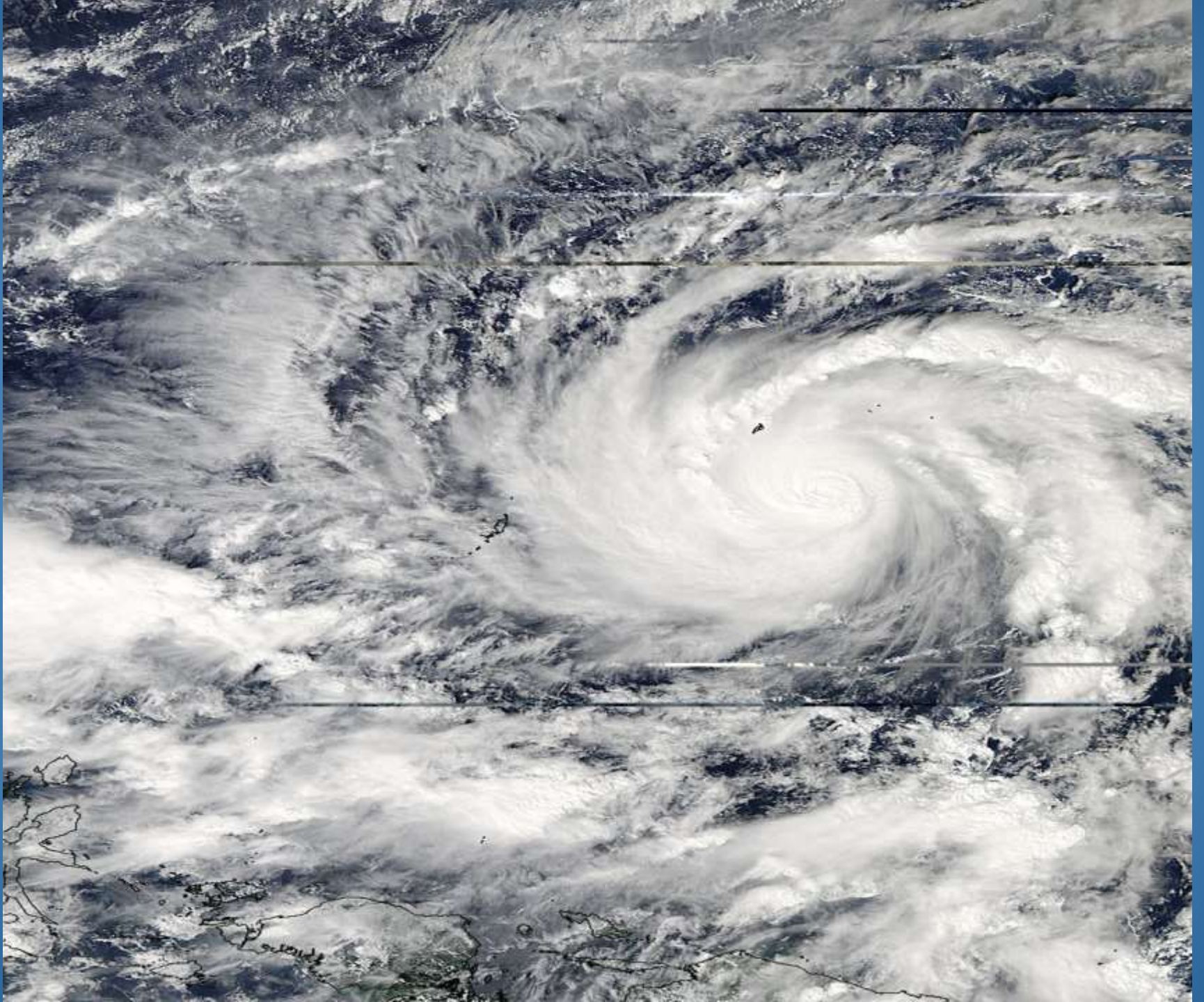
- **Lamentations 3:20 (ESV) 20** My soul continually remembers it and is bowed down within me.
  - **Lamentations 3:20 (LBLA) 20** Ciertamente lo recuerda y se abate mi alma dentro de mí.
- Christopher Wright gives the sense of this verse: “I vividly, frequently, painfully, wretchedly, continually remember until my soul sinks down into misery and depression.”

**“But this I call to mind and therefore I have hope” (3:21).**

- **Lamentations 3:22-23 (ESV)** 22 The steadfast love of the LORD never ceases; his mercies never come to an end; 23 they are new every morning; great is your faithfulness.
- **Lamentations 3:22-23 (LBLA)** 22 Que las misericordias del SEñOR jamás terminan, pues nunca fallan sus bondades; 23 son nuevas cada mañana; ¡grande es tu fidelidad!

**“I will never leave you nor forsake you” (Heb. 13:5).**

- How can the person who says (in verse 15), **“He has filled me with bitterness”** also say (in verse 22), **“The steadfast love of the Lord never ceases”**? How can the same person say these two things?
- How can the person who says (in verse 16), **“He has made my teeth grind on gravel,”** say (in verses 22-23) **“His mercies...are new every morning”**?







**“Jesus, tama na po!”**

**“Jesus, please, enough!”**

- She believes that God is the one who is bringing disaster.
- She believes that God is the one who delivers from disaster.
- She knows God by the name of Jesus

# WHISPERS OF JESUS IN LAMENTATIONS

- “I am the man who has seen affliction under the rod of his wrath” (3:1).
- Let him give his cheek to the one who strikes (3:30).
- I have become the laughingstock of all peoples, the object of their taunts all day long (3:14).
- Though I call and cry for help, he shuts out my prayer (3:8).

In Christ we have the hope of God's ultimate purpose, and the hope of God's immediate presence.

## Lamentations 3:22-24

(ESV)

*22 The steadfast love of the LORD never ceases; his mercies never come to an end;*

*23 they are new every morning; great is your faithfulness.*

*24 “The LORD is my portion,” says my soul, “therefore I will hope in him.”*