

HOPE IN THE WAITING

Lamentations 3:21–26

March 1, 2026 | Pastor Keith Krell



SCRIPTURE READING

Lamentations 3:21–26; Exodus 34:6–7; Deuteronomy 7:9–10; 32:1–4;

Psalms 73:22; 77:11–12; Psalm 30:3–5; 36:5; 130:7–8; Isaiah 40:31; Psalm 103:8–10

STUDY QUESTIONS

1. When have you experienced an especially difficult season of suffering? How did you focus on the hope God provides rather than despair (3:21)? What scriptures have been especially meaningful to you as you continue to experience pain? Were there people or beneficial resources that helped you through the crisis? If so, who or what helped you persevere? How can you share the hope and encouragement you've found in God's faithfulness with others this week? Who might need to hear about God's mercy and love?
2. Why is it so important to "recall to mind" truths about God (3:21)? How do biblical authors encourage their readers to remember God's truths? Read Romans 15:15; Hebrews 2:1–4; 2 Peter 1:12–15; 3:1. What are some creative ways you can call to mind truths about God's character and attributes?
3. How have you experienced God's "loyal love" (3:22a)? What has helped you trust God's love through suffering in areas like health, family, work, finances, or church? How have you experienced God's "compassions" (3:22b)? How can you begin each day with gratitude, acknowledging God's love and compassion as "new" every morning (3:23)?
4. How has the Lord been your "portion" (3:24a)? What people, possessions, or pursuits compete for your attention and affection? How do you deal with these distractions? How have you found "hope" (3:24b) in the Lord alone? When has hope been especially difficult to find? How has God shown His faithfulness in your life during hard or uncertain times? How can you encourage others who are struggling to find hope?
5. What areas in your life do you need to wait patiently for God's timing (3:25–26)? How can you develop a heart of hope and trust as you wait on Him?

RECOMMENDED READING

- D. Martyn Lloyd-Jones, *Spiritual Depression* (Pickering and Inglis Ltd., 1965)
Michael Card, *A Sacred Sorrow: Reaching Out to God in the Lost Language of Lament* (NavPress, 2005)
Mark Vroegop, *Dark Clouds, Deep Mercy: Discovering the Grace of Lament* (Crossway, 2019)
Soong-Chan Rah, *Prophetic Lament: A Call for Justice in Troubled Times* (IVP, 2015)