Title: *"Hope for Those Who are Tired"*

Key text: Lamentations 3:1-24

Main Idea: Because God's steadfast love and mercy never fail, weary believers can anchor their hope in Him even when life feels broken.

Introduction:

Are you tired? The kind of tired that sits in your bones.

From the deepest grief you can imagine. Breathe fresh strength into your soul.

I. HONEST GRIEF: FACING WHAT'S REALLY GOING ON (verses 1–20)

God invites His people to be honest in His presence. It is okay to tell God when life hurts.

God is not impressed by pretending. He is honored by honesty.

II. A DECISIVE TURN: A CHOICE TO REORIENT YOUR MIND (v.21)

What changes is where Jeremiah directs his thoughts.

He decides what truth will anchor his soul. Right thoughts anchor a weary heart.

III. FRESH MERCY FOR A NEW YEAR (vv.22–23)

"The steadfast love of the LORD never ceases."

"His mercies never come to an end."

"They are new every morning."

"Great is Your faithfulness."

IV. A SETTLED CONCLUSION: HOPE RESTS IN GOD ALONE (v.24)

"The LORD is my portion." "Therefore I will hope in Him."

V. Application: What does this mean for us?

1. You don't have to pretend you're okay.
2. God's mercy for tomorrow is waiting — and it will be enough.
3. 3. Your hope isn't in a new year — it's in a faithful God.

Sermon Notes: