



# LESSON 8

## *Recall to Mind*



“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 3:21-23



IN SEASON

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“I feel alone. I feel abandoned by God.” Seeing those words in a text from my Mom is one of the hardest things I have ever read. It was August of 2021 and at the height of the variants of the Coronavirus. As we have all learned in these past three years, life can change instantly. My mother was diagnosed with pneumonia after her first Covid test returned negative. Three days later, while caring for her, I had to call the ambulance because her condition had worsened. This woman, who is a pillar of strength, had never been more scared in her life. Once she got to the local hospital, she was diagnosed with the Delta variant of the Covid virus. She had to be flown to Sacramento due to her rapidly failing health. When she arrived in Sacramento, her chances were very slim for survival. She could still text once she was admitted, and that next night, I saw those painstaking words in my text. Lord, please don't take my mom, is all I could pray. I tried to be as encouraging as possible and sent her several worship songs. I knew that seeking God first and the church for prayer was the biggest weapon against this situation. I took to social media and pleaded for healing prayers; on that Sunday, her church had a specific time of prayer for my mom.

I will never know how many people prayed for my mom that day, but Monday morning came, and she had a complete turnaround. A woman who was told that her chances for survival were almost impossible walked out of that hospital without oxygen two days later. There were many factors and stories that were orchestrated by God and the Amazing medical team that was given to her. The Lord is so faithful, and it can be challenging to recall the tremendous and miraculous prayers he has answered in those waiting times. I, too, caught the virus, and it was one of the worst sicknesses I ever had. I was alone, and in the worst pain I can ever recall having, and I contemplated calling an ambulance at one point. But God. I remember praying for hours and again taking to social media, as that was my only outlet for prayer, and AGAIN, God was faithful.

I know many did not have their prayers answered with a physical healing during that time, and my heart goes out to everyone who lost a loved one. The prayer now is, Lord, I need Your strength and comfort to give me hope for eternity when I will see Jesus face to face and my loved one also being held by Him.

This week's lesson is about recalling the goodness of God amid our most difficult days and how it restores our hope in the waiting. Our focus of scripture this week will be Lamentations 3:17-26. It is good to use different translations, so we are going to do some comparisons.



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## LESSON 8

4. What does each translation say we are to recall?
5. What is the definition of **recall**?
6. What is the definition of **expectation**?
7. Recall a time in the past year when you were expecting God's faithfulness.

Jeremiah, the prophet, is the author of Lamentations. Jeremiah has been known as “the weeping prophet,” living a life of conflict because of his predictions of judgment by the invading Babylonians. He was threatened, tried for his life, put in stocks, forced to flee Jehoiakim, humiliated publicly by a false prophet, and thrown into a pit. (Blue Letter Bible – John MacArthur) The dates of his ministry spanned five decades. In the book Jeremiah, verse 1:5 states, “*Before I formed you in your mother’s womb I knew you...*” God knew each one of us before He created the world before He created Adam and Eve, and even before we were ever a thought in our parent’s minds.

Jeremiah wrote one of the most quoted verses in the Bible. In 29:11 it says, “*For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.*” Not many will recall verse 10, “*For thus says the Lord: After seventy years are completed at Babylon, I will visit you and perform My good word toward you and cause you to return to this place.*” It was 70 years that they lived in exile. That is seven decades of waiting on the Lord and trusting in His promises. God remained faithful during that waiting period and gave Jeremiah great favor while waiting.

When we have a hard time recalling those promises, we need to lean into the word of God and have it imprinted on our hearts. Jeremiah continues in verses 12-13 in the 29th book: “*Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me when you search for Me with all your heart.*” Call on the Lord, seek Him with your whole heart, and you will find Him!

There are over 7,000 promises that God gives us in His love letter and basic instructions before leaving Earth. Read, memorize, and imprint them on your heart in those times of darkness. Recall his faithfulness, trust His mercies, and expect Him to deliver you.

### Recall the books of Genesis and Exodus

8. Abraham was 75 years old when God told him that he would be the father of many nations. Read Genesis 21:5. How old was Abraham when Isaac was born? How long did he wait?



IN SEASON

# Recall to Mind

## LESSON 8

9. Joseph was falsely accused by Potiphar's wife and was thrown into prison. Read Genesis 41:1. How long was Joseph in prison before being called on by Pharaoh to interpret his dream?

10. Moses led the children of Israel into the wilderness. Read Exodus 16:35. How long did they eat manna before coming to Canaan?

As we can see, God has his timing in all things, but in all things, He was Faithful!

11. List some of the other promises God has given us in His Love Letter and share them with your group.

The NEW LIVING TRANSLATION For Lamentations 3:25 states, "*The Lord is good to those who depend on him, to those who search for him.*"

12. Who are we to depend on?

13. Who do we search and seek?

When we seek the Lord, depend on Him, and trust in Him, we will have that expectant hope that only He can provide. Recall the last three verses of Lamentations 3 for this week's lesson:

24: The Lord is my portion, says my soul; therefore, I hope in Him!

25: The Lord is good to those who wait for Him. To the soul who seeks Him.

26: It is good that one should hope and wait quietly for the salvation of the Lord.

Sister, you may be in a season of rejoicing or waiting for that answered prayer. Lean into the Goodness of God, whose mercies are new every morning. We praise him while we wait, and worship music is one of my favorite ways to praise. For the salutation of this week's lesson, I want you to listen to the songs "Goodness of God," by Jenn Johnson, and "Silence," by JWVKRS Worship, and meditate on the lyrics. May you be blessed and recall the Goodness of God!

