

SERMON NOTES

Days of Trouble: Heart Truths for the Troubled Soul *Lamentations 3: 19-33*

1. Enduring Character of God's Love and Mercy

- The everlasting covenantal love of God is rooted in God's character
- God's faithfulness is greater than our faithlessness; His forgiveness is greater than all our trespasses and His mercy never runs dry
- God is our portion in this life, we can have hope

2. Waiting is Not a Waste of Time

- The troubled soul asks two questions: "Where are you?" and "If you love me, why is this happening?"
- To wait on the Lord is to entrust our troubles and the outcome of our circumstance to Him
- Waiting is one of the most difficult but necessary disciplines in the Christian life
- Struggle is hard but struggle is good when we put our hope in God, because waiting upon God sanctifies us

3. The Final Word is not Out

- Our troubled circumstance does not have the final word on us
- All suffering has a purpose and it is not without limits
- God always bring good out of evil

4. God is Always Good

- When suffering, we are often tempted to regard God as our enemy
- We need to rehearse the heart-truth that God is always good
- God disciplines His people towards a good purpose
- God's ultimate goodness is in giving us His Son

Conclusion

- The Cross is our confidence and hope that God is always for us
- We can lament our suffering but anchor our grief on grace of God
- We can hope because one day, God will make everything right