

WHEN YOUR WORLD FALLS APART

JEREMIAH WAS AN OLD TESTAMENT PROPHET— IN ISRAEL.
DURING HIS LIFETIME HE SAW HIS NATION DECIMATED.

THE NATION WENT INTO AN ECONOMIC CRISIS,
TERRORIZED BY A FOREIGN ENEMY

INCREDIBLE INHUMANITIES - SUFFERINGS - NO WORK

HIS PEOPLE WERE LITERALLY STARVING TO DEATH.

DURING THIS TIME JEREMIAH WROTE TWO BOOKS

#1 THE BOOK OF JEREMIAH

#2 THE (SHORT) BOOK OF LAMENTATIONS

IT'S AN UNUSED OLD ENGLISH WORD THAT MEANS
“TO COMPLAIN.”

WHEN WE UNLOAD OUR SINS ON GOD
THAT'S CALLED CONFESSING.

WHEN WE UNLOAD OUR COMPLAINTS ON GOD
THAT'S CALLED LAMENTING.

WE'RE GOING TO LOOK TODAY AT LAMENTATIONS 3

SIX STEPS THAT JEREMIAH TOOK
TO REBUILD HIS BROKEN WORLD.

6 STEPS TO REBUILDING OUR BROKEN WORLD

JEREMIAH'S LAMENTATION AGAINST GOD

STEP #1

UNLOAD ALL YOUR FRUSTRATION ON GOD

Lamentation 3:1-10 (NIV)

“I am a man who has seen affliction, by the ROD OF HIS WRATH. He has driven me away and made me walk in darkness rather than light; he has turned his hand against me again and again, all day long. He has made my skin grow old and broken my bones. He has surrounded me with bitterness and hardship. He has made me dwell in darkness like the dead. He has walled me in so I cannot escape; he has weighed me down with chains. Even when I call out or cry for help, **he shuts out my prayer**. He has barred my way with blocks of stone; he has made my paths crooked.”

STEP #2

TURN YOUR FOCUS FROM YOUR PAIN TO GOD'S LOVE

Lamentation 3:19-26 (TEV)

“The thought of my PAIN and my HOMELESSNESS is BITTER POISON. I think of it **constantly**, and my SPIRIT IS DEPRESSED. Yet HOPE RETURNS when I REMEMBER this one thing: The LORD'S UNFAILING LOVE AND MERCY STILL CONTINUE, fresh as the morning, as sure as the sunrise. THE LORD IS ALL I HAVE. SO IN HIM I PUT MY HOPE.”

Lamentation 3:31-33 (TEV)

“The Lord is merciful and will not reject us forever. He may bring us sorrow, but HIS LOVE FOR US IS SURE AND STRONG. He takes **no pleasure** in causing us grief or pain.”

STEP #3

WE NEED TO GET ALONE WITH GOD AND WAIT

Lamentation 3:28-29 (MSG)

“When LIFE IS HEAVY and HARD TO TAKE, go off BY YOURSELF. Enter the SILENCE. Bow in PRAYER. Don’t ask QUESTIONS: WAIT FOR HOPE to appear.”

Lamentation 3:25-26 (TEV)

“The Lord is **good** to EVERYONE WHO TRUSTS IN HIM, so it is best for us to WAIT in patience—to WAIT for HIM to save us.”

STEP #4

CHANGE THE THINGS YOU CAN CHANGE

Lamentation 3:40 (NIV)

“Let us EXAMINE our **ways** and TEST THEM, and let us RETURN TO THE LORD.”

STEP #5

ASK GOD TO RELIEVE YOUR FEARS

Lamentation 3:53-57 (NLT)

“My enemies threw me into a pit and dropped stones on me. The water flowed above my head, and I CRIED OUT, ‘This is the end!’ But I CALLED ON YOUR NAME, LORD, from DEEP WITHIN THE WELL, and YOU HEARD ME! YOU LISTENED to my pleading; YOU HEARD my weeping! Yes, YOU CAME AT MY DESPAIRING CRY and told me, ‘DO NOT FEAR!’”

STEP #6

YOU MUST EXPECT JESUS TO RESTORE YOUR LIFE

Lamentation 5:21 (NLT)

“RESTORE US, O Lord, and BRING US BACK TO YOU again! Give us back the JOYS we once had!”