**God in our suffering – Lam. 3**

**Holy Grief Observed**

**Stage 1 – Accept & name your suffering**

* I am a man who has seen affliction 3:1
* I have forgotten happiness 3:17
* I say, my strength has perished & my hope from the Lord 3:18

**Stage 2 – Talk, ponder & face your suffering**

* I recalled to my mind therefore I have hope 3:21
* He remembered affliction, bitterness, wandering 3:19
* He remembered helplessness 3:20

**Stage 3 – Think deeply about God in your suffering**

* The Lord is my portion therefore I have hope in him 3:24
* He remembered God’s lovingkindnesses 3:22
* He remembered God’s compassion 3:22
* He remembered God’s faithfulness 3:23
* He accepted God has his certainty in suffering 3:24

**Stage 4 – Ask questions about God’s care in your suffering**

* Who is there who speaks & it comes to pass, unless the Lord has commanded it? 3:37
* Is it not the Lord from the mouth of the Most High that both good & ill go forth? 3:38
* Why should any living mortal or any man offer complaint in view of his sins? 3:39

**Stage 5 – Practice self – examination of the condition of your soul in your sufferings**

* Let us examine & probe our ways, and let us return to the Lord 3:40

**Stage 5 – Wait & seek God in your suffering**

* The Lord is good to those who wait for Him, to the person who seeks Him 3:25

**Stage 6 – Pray in the grief of your suffering to the God who hears**

* I said, I am cut off 3:54
* I called on the on Your name O Lord 3:55

**Stage 7 – Expectantly hope in God who hears the prayer of your grief in suffering**

* You heard my voice 3:56
* You drew near when I called on You 3:57
* You said, do not fear! 3:57

**Things to Remember**

1. It is impossible to live without tears & sufferings
2. Suffering is personal & universal
3. Holy grief in suffering focuses on God not the suffering
4. Holy grief lives in the faithful love & compassion of God the Father