**God in our suffering – Lam. 3: 26 – 30**

**Focal Truth: Good comes in suffering to those who wait and seek God**

**Observations**

1. **The Lord is always good to those who wait & seek Him – 3:25**

*The LORD is good to those who wait for Him, to the person who seeks Him*

1. Expectantly waiting on God in our suffering is an act of faith in God
2. Diligently seeking God in our suffering is an act of faith in God

Ps. 40:1 – 3 - *I waited patiently for the LORD, and He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the miry clay, and He set my fee upon a rock making my footsteps firm. He put a new song in my mouth, a song of praise to our God, many will see and fear and will trust in the LORD*

Matt. 6:33 – *Seek first His kingdom and His righteousness and all these things will be added to you*

1. **It is good to wait patiently for God in our suffering – 3:26**

*It is good that he waits silently for the salvation of the LORD*

1. Patiently waiting for God is resting without worry in our suffering

Ps. 37:3 – 9 – trust in the Lord and do good, dwell in the land and cultivate faithfulness. Delight yourself in the Lord and He will give you the desires of your heart. Commit your way to the Lord, trust Him and He will do it…Rest in the Lord and wait patiently for Him, do not fret…

**The process of patiently waiting in our troubles**

1. Trust calmly in God in your troubles
2. Remain faithful to God in your troubles
3. Delight yourself in the Lord in your troubles

Delight in His presence

Delight in His love

Delight in His mercy

Delight in His salvation

Delight in His faithfulness

Delight in His goodness

1. Commit your way to the Lord in your troubles
2. Rest quietly in the Lord in your troubles
3. Do not fret – worry in your troubles

Ps. 94:19 – *when my anxious thoughts multiply within me, your consolations delight my soul*

1. **It is good to endure in our suffering – 3:27**

*It is good for a man that he should bear the yoke in his youth*

1. Suffering is a yoke that holds in place
2. Suffering is a yoke that limits movement
3. Suffering is a yoke that controls direction
4. Suffering is a yoke that weighs down
5. Christian endurance is a grace needed for the yoke of suffering

Lk. 21:19 – *by endurance you will gain your lives*

Heb. 10:36 – *for you have need of endurance, so that when you have done the will of God, you may receive what was promised*

James 1:3 – 4 - *knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete lacking in nothing*

1. **It is good to accept our suffering – 3:28**

*Let him sit alone and be silent since He has laid it on Him*

1. Suffering is personally experienced
2. Suffering is personally understood
3. Christian suffering individually accepts personal suffering as God’s will

1 Thess. 5:18 – in everything give thanks *for this is the will of God for you in Christ Jesus*

James 1:2 – *consider it all joy, my brethren, when you encounter various trials,*

1. *Christian suffering individually lives on God’s word & prays to God for help in suffering*

Jer. 15:16 – 19 – *Your words were found and I ate them, and your words became for me a joy and the delight of my heart, for I have been called by Your name, O LORD God of hosts. I did not sit in the circle of merrymakers, not did I exult. Because of your hand upon me I sat alone, for You filled me with indignation. Why has my pain been perpetual and my wound incurable, refusing to be healed? Will you indeed be to me like a deceptive stream with water that is unreliable? Thus says the Lord, if you return, then I will restore you…*

1. **It is good to humble ourselves in our suffering – 3:29**

*Let him put his mouth in the dust, perhaps there is hope*

1. Christian suffering produces self – humiliation – humbling ourselves

James 4:10 – *humble yourselves in the presence of the Lord*

1 Pet. 5:6 – *humble yourselves under the mighty hand of God*

1. Christian suffering strips oneself of self
2. Christian suffering kills sin

1 Pet. 4:1 – *since Christ has suffered in the flesh, arm yourselves also with the same purpose, because he who has suffered in the flesh has ceased from sin*

1. Christian self – humiliation produces hope in God

James 4:10 – *he will exalt you*

1 Pet. 5:6 – *He will exalt you at the proper time*

1. **It is good to surrender in our suffering – 3:30**

*Let him give his cheek to the smiter, let him be filled with reproach*

1. Christian suffering surrenders to the blows of suffering

Luke 6:27 – 30 – *I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. Whoever hits you on the cheek, offer him the other also, and whoever takes away your coat, do not withhold your shirt from him either. Give to him who asks of you, and whoever takes away what is yours, do not demand it back.*

1. Christians surrender in their sufferings like Christ in His sufferings

1 Pet 2:21 – 23– *for you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, who committed no sin, nor was any deceit found in His mouth, and while being reviled, He did not revile in return, while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously*

**The greatest good in suffering is that it conforms the believer into Christlikeness!**

**To the praise of the glory of His grace. The Lord is near to the door! Come Lord Jesus!**