

# Relief from Grief (*Lam. 3:57*)



**ATTITUDE.** “I have been deprived of peace.  
I have forgotten what prosperity is.  
My splendor is gone.” *(3:17)*

**EMOTION.** “I remember my affliction  
and my WANDERING, the bitterness  
and the gall. I well remember [rehearse]  
them, and my soul is downcast within me.”  
*(3:19-20)*

**3:21**

*Yet I CALL THIS TO MIND  
and therefore, I have hope.*

\*Something changes every **perspective**  
and begins a process of **hope**  
and **healing**.

*Because of the Lord's great love, we are NOT consumed, for his compassions never fail. (3:22)*

\*My future will be different, but I DO have a future!

*They are new every morning. Great  
is your [God's] faithfulness. (3:23)*

\*My future will be different, but God  
will show me new mercy and insight.

*I say to myself, “The LORD is my portion;  
therefore, I will wait for [on] him.” (3:24)*

\*My future will be different, but this God  
that I lean on will **never change**.

*The Lord is good to those whose hope  
is in him, to the one who seek him.*  
*(3:25)*

\*My future will be different, but it will  
be **good**.



*It is good to WAIT quietly for the salvation of the Lord. (3:26)*

\*My future will be different, but (with TIME) God will ENABLE me to **accept**, **embrace**, and **thrive** in it.

Grief is like the ocean. It comes on waves ebbing and flowing. Sometimes the water is calm and sometimes it is overwhelming. All we can do is learn to swim!

Vicki Harrison

**IT'S GOOD TO KNOW:**

The shock of grief feels like forever. **It is not!**

**3:31 For men are not cast off by the Lord  
forever.**

God does not enjoy/delight in the situation that has brought us grief.

**3:33 For he does not willingly bring affliction or grief to the children of men.**

God sees death, injustice, afflictions, etc.

**3:34-36 To crush... deny... deprive...  
would not the Lord see such things?**

God allows these shocking, sad things to happen.

**3:37-38 Who can speak and have it happen if the Lord has not decreed it? Is it not from the mouth of the Most High that both calamities and good things come?**

Extreme loss produces extreme self-examination. This is positive!

**3:40-42 Let us examine our ways and test them and let us return to the Lord. Let us lift our hearts and hands to God in heaven and say, “We have sinned...”**



Our simple cry/call brings God near to us.

**3:55-57 I called on your name, O Lord,  
from the depths of the pit. You heard my  
plea... you came NEAR WHEN I CALLED  
to you and you said, “DO NOT FEAR.”**