

# FACING **FATIGUE**

## *A Recipe for Hope*

November 22, 2020 | Mark Hartley

Lamentations 3:21-33

<sup>21</sup> Yet this I call to mind  
and therefore I have hope:

<sup>22</sup> Because of the LORD's great love we are not consumed,  
for his compassions never fail.

<sup>23</sup> They are new every morning;  
great is your faithfulness.

<sup>24</sup> I say to myself, "The LORD is my portion;  
therefore I will wait for him."

Our reason for \_\_\_\_\_ is not found in the \_\_\_\_\_  
of our \_\_\_\_\_,  
but in the \_\_\_\_\_ of \_\_\_\_\_.

<sup>25</sup> The LORD is good to those whose hope is in him,  
to the one who seeks him;

<sup>26</sup> it is good to wait quietly  
for the salvation of the LORD.

<sup>27</sup> It is good for a man to bear the yoke  
while he is young.

\_\_\_\_\_ leads to \_\_\_\_\_.

<sup>28</sup> Let him sit alone in silence,  
for the LORD has laid it on him.

<sup>29</sup> Let him bury his face in the dust —  
there may yet be hope.

<sup>30</sup> Let him offer his cheek to one who would strike him,  
and let him be filled with disgrace.

\_\_\_\_\_ leads to \_\_\_\_\_.

<sup>31</sup> For no one is cast off  
by the Lord forever.

<sup>32</sup> Though he brings grief, he will show compassion,  
so great is his unfailing love.

<sup>33</sup> For he does not willingly bring affliction  
or grief to anyone.

\_\_\_\_\_ leads to \_\_\_\_\_.

### **Discussion Starters:**

1. Why is it important to reflect on God's character in hard circumstances?
2. What has been your biggest takeaway so far from Jeremiah's story?
3. How has God demonstrated His character in your story?