

**LIFE IS HARD; GOD IS GOOD**  
***Lamentations 3:21-25***  
**Outline**

**Introduction: Five goals for this series**

1. Make it my habit to constantly choose gratitude no matter how difficult my circumstances become.
2. Understand that happiness is a choice...it is not happy people who are thankful, but thankful people who are happy.
3. My ingratitude is a self-defeating sin that calls for honest repentance.
4. God is my Source during difficult times, so blaming God only compounds my trials.
5. Even when I fall into tragic circumstances of my own making I must not give up or give in to defeat because God is there, God understands and He gives me reason to hope because God is always faithful and merciful.

**Life is Hard - Lamentations 3:1-21**  
**Life was hard for Jeremiah.**

**God is Good - Lamentations 3:21-33**

**Six things we must remember (fix our minds on) when the bottom drops out and we feel no hope in the future (vs. 22-33):**

1. The steadfast love of the Lord never ceases. vs. 22
2. His mercies never come to an end. vs. 22
3. God mercies are fresh and available to us every day. vs. 23
4. God's faithfulness is greater than our greatest tragedy. vs. 23
5. The Lord has promised to be our unlimited Resource. vs. 24
6. The Lord has purposes He can only fulfill through affliction. vs. 33, 39

**Four things we must do when the bottom drops out (vs. 26-40):**

1. Wait and give the Lord time to work His wonders. **vs. 26, *The Lord is good to those who wait for him, to the soul who seeks him.***
2. Endure the painful burden with courage. **vs. 27, *It is good for a man that he bear the yoke in his youth.***
3. Don't complain. **vs. 39, *Why should a living man complain, a man, about the punishment of his sins?***
4. Examine your life, confess any known sins and return to God. **vs. 40, *Let us test and examine our ways, and return to the Lord!***