

REFRESH

“Strength From Above” – Pt 4 of 4 August 11, 2024

“We have suffered terror and pitfalls, ruin and destruction. Streams of tears flow from my eyes because my people are destroyed!”

Lamentations 3:47-48 (NIV)

“I have cried until the tears no longer come. My heart is broken, my spirit poured out, as I see what has happened to my people.”

Lamentations 2:11 (NLT ‘96)

HOW TO FIND THE STRENGTH TO GO ON

What Jeremiah did (From Lamentations)

1. FOCUS YOUR _____ ON GOD

“When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don’t ask questions. Wait for hope to appear.”

Lamentations 3:28-29 (MSG)

*Jesus: “Find a quiet, secluded place so you won’t be tempted to roleplay before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.” **Matthew 6:6 (MSG)***

2. ASK GOD TO REMOVE YOUR _____

“From the bottom of the pit, O Lord, I cried out to you. And when I begged you to listen to my cry, you heard. And you answered me and told me not to be afraid.”

Lamentations 3:55-57 (GN)

“I prayed to the Lord, and he answered me, freeing me from all my fears.”

Psalms 34:4 (NLT)

3. BELIEVE GOD WILL _____ YOU

"Restore us, O Lord, and bring us back to you again! Give us back the joys we once had!" **Lamentations 5:21 (NLT)**

"I would have despaired unless I had believed that I'd see the goodness of the Lord in the land of the living." **Psalm 27:13 (NASB '95)**

"The Lord is good to everyone who trusts in him. So it is best for us to wait in patience—to wait for him to save us." **Lamentations 3:25-26 (GN)**

4. REMEMBER WHAT HASN'T _____

- **GOD IS STILL IN _____**

"We are sick at our very hearts and can hardly see through our tears... But you, O Lord, are king forever and will rule to the end of time!"

Lamentations 5:17, 19 (GN)

- **GOD STILL _____ ME**

"I'll never forget the trouble, the utter lostness, the taste of ashes, the poison I've swallowed. I remember it all...the feeling of hitting the bottom. BUT there's one other thing I remember, and remembering it, I keep a grip on hope: God's loyal love couldn't have run out, his merciful love couldn't have dried up. They're created new every morning. How great is your faithfulness!"

Lamentations 3:19-23 (MSG)

- **GOD IS _____ I NEED**

"Deep in my heart I say, 'The Lord is all I need; I can depend on him!'"

Lamentations 3:24 (CEV)