



3 I am the man who has seen affliction by the rod of the LORD's wrath.
2 He has driven me away and made me walk in darkness rather than light;
3 indeed, he has turned his hand against me again and again, all day long.
4 He has made my skin and my flesh grow old and has broken my bones.
5 He has besieged me and surrounded me with bitterness and hardship.
6 He has made me dwell in darkness like those long dead.
7 He has walled me in so that I cannot escape; he has weighed me down with chains.
8 Even when I call out or cry for help, he shuts out my prayer.
9 He has barred my way with blocks of stone; he has made my paths crooked.
10 Like a bear lying in wait, like a lion in hiding,
11 he dragged me from the path and mangled me and left me without help.

Lamentations 3:1-11



18 So I say, 'My splendour is gone
and all that I had hoped from the LORD.'

Lamentations 3:18





¹⁹ I remember my affliction and my wandering, the bitterness and the gall.



²⁰ I well remember them, and my soul is downcast within me.



²¹ Yet this I call to mind and therefore I have hope:

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



²³ They are new every morning; great is your faithfulness.



²⁴ I say to myself, 'The LORD is my portion; therefore I will wait for him.'

Lamentations 3:19-24

Do you agree that it's not your circumstances that determine how you feel, but how you see those circumstances?





17 Now that you know these things, you will be blessed if you do them.

John 13:17



Truth

You don't feel your way into good behaviour...



Belief

Behaviour

You behave your way into good feelings



Feelings



²⁶ 'In your anger do not sin': do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

Ephesians 4:26-27



⁷ Cast all your anxiety on him because he cares for you.



⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.



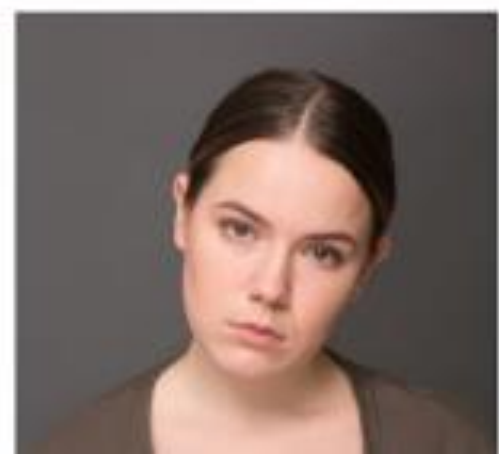
1 Peter 5:7-8



³ When I kept silent,
my bones wasted away
through my groaning all day long.



⁶ Therefore let all the faithful pray to you
while you may be found;
surely the rising of the mighty waters
will not reach them.



Psalm 32:3,6



¹⁹ My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.

James 1:19-20



⁶ Appoint someone evil to oppose my enemy; let an accuser stand at his right hand.

⁷ When he is tried, let him be found guilty, and may his prayers condemn him.

⁸ May his days be few; may another take his place of leadership.

⁹ May his children be fatherless and his wife a widow.

¹⁰ May his children be wandering beggars; may they be driven from their ruined homes.

¹¹ May a creditor seize all he has; may strangers plunder the fruits of his labour.

¹² May no one extend kindness to him or take pity on his fatherless children.

¹³ May his descendants be cut off, their names blotted out from the next generation.

¹⁴ May the iniquity of his fathers be remembered before the LORD; may the sin of his mother never be blotted out.

¹⁵ May their sins always remain before the LORD, that he may blot out their name from the earth.





³⁴ 'My soul is overwhelmed with sorrow to the point of death,'

Mark 14:34