



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.

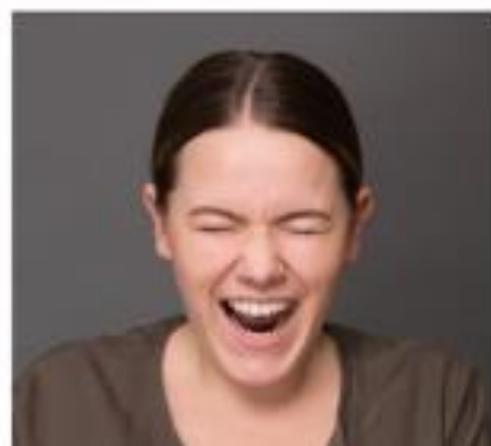
¹¹ May a creditor seize all he has; may strangers plunder the fruits of his labour.

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