

# **DOWN, BUT NOT OUT!**

## **Lamentations 3:16-24**

**We can move from despair to delight by following Jeremiah's example**

### **I. I AM WHIPPED** (16-18)

#### **A. THE CONDITIONS** (16-17)

- Summary: All happiness is obliterated by recurring sorrows and continuous misfortunes

1. Broken Teeth (16a)
2. Ash Covered (16b)
3. No peace in his soul (17a)
4. No happiness in his life (17b)

#### **B. THE COLLAPSE** (18)

- Summary: I can take it no longer!

1. No Strength (18a)
  - a. He had held out, but when his strength went, his hope went with it  
- The spirit that bore up under the blast is now broken and can no longer fight
2. No hope (18b)
  - a. Sorrow without hope of any relief ... so that now nothing can be endured
  - b. He is at the end of himself ... adrift in the sea of despair!

### **II. I AM BARELY HANGING ON** (19-21)

#### **A. SINKING IN DESPAIR** (19-20)

1. Outward afflictions (19)
  - a. The conditions - See vs.1-4
  - b. The command: Remember ... is anyone paying attention?
  - c. The cry: Agghhh ...
2. Inward turmoil (20)
  - a. Remembering God's afflictions - See vs. 5, 13, 15
  - b. Reflecting on its affect > A limp and wounded soul!

#### **B. BUT CLINGING TO ONE MEMORY** (21)

1. The value of memory
  - a. Hope can hang on the thread of one memory!
  - b. Never underestimate the value of one verse ... one word ... one devotional ... one memory!
2. Work at recall
  - a. I recall > I Make it return
  - b. Don't forget to think when you are sinking!
  - c. When you feel run over ... remember!

Over please >

3. The object of his memory > What gave him hope?
  - His condition? God's character? Or a combination of both?

### III. **GOD IS FAITHFUL** (22-24)

- Summary: A focus on the character of God enabled Jeremiah to encourage himself

#### A. HIS MERCIES NEVER CEASE (22a)

1. A loyal love > He sticks by His people
2. A ceaseless love

#### B. HIS COMPASSIONS NEVER FAIL (22b-23)

1. The Recognition (22b)
  - a. Compassions: Gentle feelings for those He has birthed
    - Though our comforts fail, His compassions do not!
    - Sometimes we may need to go back and re-read things that God showed us in better days. Did God change? Did we?
  - b. Unfailing: It is always there though not always seen
2. The Distribution (23a)
  - a. New mercies every day
  - b. They are suited for the need before you ever knew you needed it
3. Our Celebration (23b)
  - Proclaim His great faithfulness

#### C. HIS CARE INSPIRES (24)

1. My Portion: God alone! - Ps. 16:5
  - He is my treasured reward and inheritance
2. My Position
  - a. The hopeless (19) found hope!
  - b. Stayed and steadied by Him alone - Isa. 26:3

### **CONCLUSION:**

*Jeremiah was down, but not out.*

#### **Consider the reality of this passage:**

1. No details of Jeremiah's deliverance were given
2. What Jeremiah did was to simply reaffirm that God is good ... and that's enough!
3. Jeremiah remembered and rested in God!

**We can be down but not out if we remember to rest in God.**

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