



**“Have You Hit Rock Bottom? Then Turn in Your Hymns to Hymn #3:23 – Great is Thy Faithfulness”**

**Lamentations 3:14-26**

February 7, 2021

**Lam 3:14-26**

**14 I have become a laughingstock to all my people, Their mocking song all the day.**

15 He has filled me with bitterness, He has made me drunk with wormwood.

16 He has broken my teeth with gravel; He has made me cower in the dust.

17 My soul has been rejected from peace; I have forgotten happiness.

18 So I say, "My strength has perished, And so has my hope from the Lord."

19 Remember my affliction and my wandering, the wormwood and bitterness.

**Lam 3:14-26**

14 I have become a laughingstock to all my people, Their mocking song all the day.

**15 He has filled me with bitterness, He has made me drunk with wormwood.**

16 He has broken my teeth with gravel; He has made me cower in the dust.

17 My soul has been rejected from peace; I have forgotten happiness.

18 So I say, "My strength has perished, And so has my hope from the Lord."

19 Remember my affliction and my wandering, the wormwood and bitterness.

**14 I have become a laughingstock to all my people, Their mocking song all the day.**

**7 WAYS YOU KNOW YOU HAVE HIT ROCK-BOTTOM: (14-18)**

**1. When you feel no self-worth. (14)**

- When you are laughed at, it is humiliating.
- Humiliation can destroy a person.
- Maybe you have not been humiliated but you lack self worth for other reasons – maybe your job, maybe the pandemic, maybe your loneliness, your isolation, maybe suffering and pain, maybe guilt and sin.

**15 He has filled me with bitterness,**

**He has made me drunk with wormwood.**

**2. When you are filled with extreme bitterness. (15)**

- There are a lot of bitter people.
- Wormwood is the name given to certain plants used for imparting a bitter flavor to some drinks. It was the most bitter plant in Israel. The name has no connection with either worm or wood.
- Jeremiah was “drunk”, intoxicated with bitterness.

**Jer 9:13-15**

13 The Lord said, "Because they have forsaken My law which I set before them, and have not obeyed My voice nor walked according to it,

14 but have walked after the stubbornness of their heart and after the Baals, as their fathers taught them,"

15 therefore thus says the Lord of hosts, the God of Israel, "behold, I will feed them, this people, with wormwood and give them poisoned water to drink."

**Rev 8:10-11**

10 The third angel sounded, and a great star fell from heaven, burning like a torch, and it fell on a third of the rivers and on the springs of waters.

11 The name of the star is called **Wormwood**; and a third of the waters became **wormwood**, and many men died from the waters, because they were made bitter.

### **Lam 3:14-26**

14 I have become a laughingstock to all my people,  
Their mocking song all the day.

15 He has filled me with bitterness,  
He has made me drunk with wormwood.

**16 He has broken my teeth with gravel;**

**He has made me cower in the dust.**

17 My soul has been rejected from peace;  
I have forgotten happiness.

18 So I say, "My strength has perished,  
And so has my hope from the Lord."

19 Remember my affliction and my wandering, the  
wormwood and bitterness.

### **Lam 3:14-26**

14 I have become a laughingstock to all my people,  
Their mocking song all the day.

15 He has filled me with bitterness,  
He has made me drunk with wormwood.

16 He has broken my teeth with gravel;  
He has made me cower in the dust.

**17 My soul has been rejected from peace;  
I have forgotten happiness.**

18 So I say, "My strength has perished,  
And so has my hope from the Lord."

19 Remember my affliction and my wandering, the  
wormwood and bitterness.

**16 He has broken my teeth with gravel;**

**He has made me cower in the dust.**

### **3. Life is unbearable. (16)**

- Life has become like chewing gravel until you have no teeth.

#### **Prov 20:17**

7 Bread obtained by falsehood is sweet to a man,  
But afterward his mouth will be filled with gravel.

- "cower" is to crouch down in fear.
- Jeremiah wants to bury himself in dust.
- We feel that way sometimes, don't we?
- I don't want to face life anymore. Too painful.

**17 My soul has been rejected from peace;**

**I have forgotten happiness.**

### **4. You have no peace – only turmoil. (17a)**

- Always troubled.
- No rest.
- One thing bothers you and then another, and another.
- You toss and turn at night, and sleep never comes.

### **5. Happiness is a distant memory. You don't even know what it is anymore. (17b)**

- You are sour, sullen, negative, down-in the mouth.
- No joy, no smiles, no fun, no laughs.

### **Lam 3:14-26**

14 I have become a laughingstock to all my people,  
Their mocking song all the day.

15 He has filled me with bitterness,  
He has made me drunk with wormwood.

16 He has broken my teeth with gravel;  
He has made me cower in the dust.

17 My soul has been rejected from peace;  
I have forgotten happiness.

**18 So I say, "My strength has perished,  
And so has my hope from the Lord."**

19 Remember my affliction and my wandering, the  
wormwood and bitterness.

**18 So I say, "My strength has perished,**

**And so has my hope from the Lord."**

### **6. I have no strength. (18a)**

- Depression and discouragement will do that to you – sap you of your strength.

### **7. I have lost all hope. (18b)**

- Everything is gone. I have nothing including any kind of a future.
- What is there to look forward to?
- Even hope in Yahweh is gone.
- I doubt there's a darker pit in the whole Bible. Maybe Job 3, possibly Jeremiah 20 or Psalm 88.

### Lam 3:14-26

14 I have become a laughingstock to all my people,  
Their mocking song all the day.

15 He has filled me with bitterness,  
He has made me drunk with wormwood.  
16 He has broken my teeth with gravel;  
He has made me cower in the dust.

17 My soul has been rejected from peace;  
I have forgotten happiness.

18 So I say, "My strength has perished,  
And so has my hope from the Lord."

**19 Remember my affliction and my wandering, the  
wormwood and bitterness.**

**19 Remember my affliction and my wandering, the  
wormwood and bitterness.**

- But Jeremiah does the right thing – he asks God to remember him in the pit.
- “wandering” – homelessness, being cast out.

“The ship of prayer may sail through all temptations, doubts and fears, straight up to the throne of God; and though she may be outward bound with only griefs, and groans, and sighs, she shall return freighted with a wealth of blessings!...”

- Spurgeon

**20 Surely my soul remembers  
And is bowed down within me.**

21 This I recall to my mind,  
Therefore I have hope.

22 The Lord's lovingkindnesses indeed never cease,  
For His compassions never fail.

23 They are new every morning;  
Great is Your faithfulness.

24 "The Lord is my portion," says my soul,  
"Therefore I have hope in Him."

25 The Lord is good to those who wait for Him,  
To the person who seeks Him.

26 It is good that he waits silently  
For the salvation of the Lord.

**20 Surely my soul remembers**

**And is bowed down within me.**

- Here is the bottom. Rock bottom.
- Here is also humility.
- Big question: Do you stay there?
- How are you going to get out of it?
- All of a sudden Jeremiah remembers.
- When we are down, it's a good time to think, to humble ourselves before God.

20 Surely my soul remembers  
And is bowed down within me.

**21 This I recall to my mind,  
Therefore I have hope.**

22 The Lord's lovingkindnesses indeed never cease,  
For His compassions never fail.

23 They are new every morning;  
Great is Your faithfulness.

24 "The Lord is my portion," says my soul,  
"Therefore I have hope in Him."

25 The Lord is good to those who wait for Him,  
To the person who seeks Him.

26 It is good that he waits silently  
For the salvation of the Lord.

**21 This I recall to my mind,  
Therefore I have hope.**

- Here is the turnaround.
- It begins with recall.
- Oh, it is so important for you to have God's Word in your heart.
- If you have nothing to recall, then you will stay in the pit.
- God's Word will help you to get out.

20 Surely my soul remembers  
And is bowed down within me.  
21 This I recall to my mind,  
Therefore I have hope.

**22 The Lord's lovingkindnesses indeed never cease,  
For His compassions never fail.**

23 They are new every morning;  
Great is Your faithfulness.  
24 "The Lord is my portion," says my soul,  
"Therefore I have hope in Him."  
25 The Lord is good to those who wait for Him,  
To the person who seeks Him.  
26 It is good that he waits silently  
For the salvation of the Lord.

**22 The Lord's lovingkindnesses indeed never cease,  
For His compassions never fail.**

**5 THINGS THE BELIEVER NEEDS TO REMEMBER WHEN HE IS IN THE PIT:**

**1. God's lovingkindness never stops.**

**תָּוִי אֲהַעֲבֵד** (k'habi'-sed) - loyal love. Used over 30 times in the Old Testament. It conveys all the ideas of "love, grace, mercy, faithfulness, goodness and devotion."  
• Even though I sin and sin greatly and deeply, God will continue to love me.  
• Like a parent.

**Rom 8:35,38,39**

35 Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?  
38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.  
• God will not stop loving Jeremiah, or Israel, or you and me.  
• In spite of our sin and disobedience that has brought us to the pit of despair, He still loves us. Amazing Love, How Can it Be!

**2. His compassions never fail.**

- "Compassion" – the emotional response of God's heart because of His love for us.
- I need to know that as low as I may get, God's tender compassions are never absent, even when He is punishing me.
- If God's compassions fail, we all would be consumed.

20 Surely my soul remembers  
And is bowed down within me.  
21 This I recall to my mind,  
Therefore I have hope.  
22 The Lord's lovingkindnesses indeed never cease,  
For His compassions never fail.  
**23 They are new every morning;  
Great is Your faithfulness.**

24 "The Lord is my portion," says my soul,  
"Therefore I have hope in Him."  
25 The Lord is good to those who wait for Him,  
To the person who seeks Him.  
26 It is good that he waits silently  
For the salvation of the Lord.

**Hymns that have come from Lamentations 3:22-23**

NEW EVERY MORNING MERCIES  
GOD OF OUR LIFE  
GREAT IS THY FAITHFULNESS  
LIKE DEWS OF THE MORNING  
NEW EVERY MORNING IS THY LOVE  
A SOVEREIGN PROTECTOR I HAVE  
THE SUN IS ON THE LAND AND SEA  
SWEET IS THE BREATH OF MORNING AIR  
THY GOODNESS, LORD, OUR SOULS CONFESS

**23 They are new every morning;  
Great is Your faithfulness.**

**3. His mercies are new every morning.**

- God will give you a new supply of His mercies each morning.
- That means God will take care of you today with the mercies He gives you for that day.

## What About Tomorrow?

- Can I deal with the stress that is coming tomorrow?
- Will I have my health?
- Will I have enough income?
- What if I lose my job?
- How am I going to face an upcoming family problem?
- How will I handle the upcoming surgery?
- How will I face death someday?

### DAY BY DAY

1. Day by day, and with each passing moment,  
Strength I find, to meet my trials here;  
Trusting in my Father's wise bestowment,  
I've no cause for worry or for fear.  
He whose heart is kind beyond all measure  
**Gives unto each day what He deems best—  
Lovingly, its part of pain and pleasure,  
Mingling toil with peace and rest.**
2. Every day, the Lord Himself is near me  
**With a special mercy for each hour;**  
All my cares He fain would bear, and cheer me,  
He whose name is Counselor and Power;  
The protection of His child and treasure  
Is a charge that on Himself He laid;  
**As thy days, thy strength shall be in measure,**  
This He pledge to me He made.
3. Help me then, in every tribulation  
So to trust Thy promises, O Lord,  
That I lose not faith's sweet  
consolation  
Offered me within Thy holy Word.  
Help me, Lord, when toil and trouble  
meeting,  
E'er to take, as from a father's hand,  
One by one, the days, the moments  
fleeting,  
Till I reach the promised land.

## Here is how God's "new mercies every morning" help us:

- The strength to live tomorrow will be given tomorrow, not today.
- Our task today is not to have the strength needed for tomorrow's burdens.
- Our task today is to live by the mercies given for today, and to believe that there will be new mercies for tomorrow.
- Today's mercies do not include strength for tomorrow.
- Yesterday's mercies were for yesterday's burdens.
- Today's mercies are for today's burdens.
- They are new every morning.
- They are like the manna in the wilderness: you can't keep it overnight. Enough comes for each day.
- "Give us this day our **daily** bread." (Matt. 6:11)
- This truth will comfort and strengthen your life again and again.
- When the gauge on your tank is running on empty at the end of the day, tomorrow God will fill it again to enable you to face whatever that day brings.
- God says, "Trust me. I will give to you what you need when you need it."

## 23 They are new every morning;

### Great is Your faithfulness.

3. His mercies are new every morning.
  - God will give you a new supply of His mercies each morning.
  - That means God will take care of you today with the mercies He gives you for that day.

## 4. Great is His faithfulness.

- Here is a message of God's faithfulness that comes from a book that is set in the midst of national disaster.

"Not only is it true that God will not change in His faithfulness—He cannot change. He never cools off in His commitment to us. He never breaks a promise or loses enthusiasm. He stays near us when we reject His counsel and deliberately disobey Him just as much as when we are zealous for the truth. He remains intimately involved in our lives whether we are giving Him praise in prayer or grieving Him with our actions. Whether we are running to Him or from Him, He remains faithful. His faithfulness is unconditional, unending, and unswerving. Nothing we do can diminish it, and nothing we stop doing can increase it. It remains great. Even when you blow it. Even when you make a stupid decision. Even when your world is shaken by betrayal. God's faithfulness never diminishes."

"After enduring a life like this; after being rejected, hated, mocked, imprisoned, ignored; after seeing his beloved Jerusalem ransacked, desecrated and destroyed; after experiencing the horror of war, the brutality of the enemy and the pangs of hunger, Jeremiah was still able to stand forth amid the rubble of the city and the bodies of the dead and lift his voice in praise to God for His great, unflinching faithfulness to His people."

“Great is the faith that can stand amid the wreckage of life and declare the praises of God.”



Thomas O. Chisholm was a simple man, born in a log cabin in 1866. He gained little education, money, or fame, but he wanted to serve God. One day, inspired by Lamentations 3:22–23, he wrote the words to the hymn “Great Is Thy Faithfulness.” He gave them to his friend William Runyan, who set the words to music. Little did Chisholm know that the hymn would one day be known around the globe. Runyan shared it with his friend Dr. Will Houghton, then president of Moody Bible Institute, who asked musician George Beverly Shea to sing it over the school’s radio station. With Billy Graham, Shea would use the hymn in their worldwide evangelistic campaigns.

### GREAT IS THY FAITHFULNESS

1. **Great is Thy faithfulness,** O God my Father;  
There is no shadow of turning with Thee;  
Thou changest not, Thy compassions, they fail not;  
**As Thou hast been, Thou forever wilt be.** (loyal love)

#### Refrain

**Great is Thy faithfulness!**

**Great is Thy faithfulness!**

**Morning by morning new mercies I see.**

**All I have needed Thy hand hath provided;**

**Great is Thy faithfulness, Lord, unto me!**

2. Summer and winter and springtime and harvest,  
Sun, moon and stars in their courses above  
Join with all nature in manifold witness  
To Thy **great faithfulness, mercy and love.**

3. Pardon for sin and a **peace** that endureth  
Thine own dear presence to **cheer** and to guide;  
**Strength** for today and bright **hope** for tomorrow,  
Blessings all mine, with ten thousand beside!

20 Surely my soul remembers  
And is bowed down within me.  
21 This I recall to my mind,  
Therefore I have hope.  
22 The Lord's lovingkindnesses indeed never cease,  
For His compassions never fail.  
23 They are new every morning;  
Great is Your faithfulness.  
24 "The Lord is my portion," says my soul,  
"Therefore I have hope in Him."  
25 The Lord is good to those who wait for Him,  
To the person who seeks Him.  
26 It is good that he waits silently  
For the salvation of the Lord.

24 "The Lord is my portion," says my soul,  
"Therefore I have hope in Him."

5. The Lord is my portion for each day.

- “portion” – real estate term - an allotment of land in life that would provide for all of the necessities of life.
- For my life, God is all I need.
  - He satisfies.
  - He sustains.
  - He saves.

These 5 statements provide the foundation for our hope.

- God's –
  - Loyal love
  - Compassions
  - Mercies
  - Faithfulness
  - Portion
- 25 The Lord is good to those who wait for Him,  
To the person who seeks Him.
- 26 It is good that he waits silently  
For the salvation of the Lord.

20 Surely my soul remembers  
And is bowed down within me.  
21 This I recall to my mind,  
Therefore I have hope.  
22 The Lord's lovingkindnesses indeed never cease,  
For His compassions never fail.  
23 They are new every morning;  
Great is Your faithfulness.  
24 "The Lord is my portion," says my soul,  
"Therefore I have hope in Him."

**25 The Lord is good to those who wait for Him,  
To the person who seeks Him.**

**26 It is good that he waits silently**

**For the salvation of the Lord.**

- The believer does 2 things while in the pit:
  1. Waits.
  2. Seeks.
- Jeremiah, after recalling the mercies and faithfulness of God, now places himself in the position of waiting and seeking.
- So the pit provides an opportunity for spiritual growth.
  - “Waiting” develops patience and perseverance.
  - “Seeking” develops my study of God’s Word and my prayer life.
  - Note: it’s not waiting and complaining but waiting silently.
  - We are waiting for the Lord to get us out of the mess, out of the disaster, out of the wreckage, out of the pit of depression and discouragement.
  - And I play a part in it. Am I seeking Him?

“There are times when the only thing a sufferer can do is wait for God. But waiting is good because God is worth waiting for.”

- Phillip Ryken