

LAMENTATIONS 3:19-26

~ Heart Check & Prayer ~

*"The LORD is good to those whose hope is in him,
to the one who seeks him."*

LAMENTATIONS 3:25



HEART CHECK

*Take a moment to be honest
with God and with yourself.*

- ♥ Am I allowing my circumstances to define my hope?
- ♥ Do I call to mind God's faithfulness when I remember my afflictions?
- ♥ Am I expecting His mercy in every new morning?
- ♥ Do I seek the LORD, or do I settle for distractions and temporary relief?
- ♥ Do I believe that God is good—even now?

❧ TODAY, I CHOOSE TO... ❧

*Call to mind His goodness.
Seek Him with expectation.
Anchor my hope in His faithfulness.*

KEY TRUTHS TO REMEMBER



His mercies are new every morning.
(v.22-23)



The LORD is my portion. (v.24)



I will wait for Him. (v.24)



The LORD is good to those
whose hope is in Him. (v.25)



It is good to wait quietly
for His salvation. (v.26)



PRAYER

*Lord, when I remember my afflictions,
remind me of Your faithfulness.
Help me call to mind all You have done
and all You still are. Thank You for Your
mercies that are new every morning.
You are my portion, my hope, my Savior.
Teach me to wait quietly for You—
with expectation, not frustration.
Increase my faith as I seek You
with all my heart. You are good,
and Your love never fails.*

Amen.

In Every Season, Remember:

- ♥ Remember His faithfulness.
- ☀ Receive His new mercies.
- 🔍 Seek Him with your whole heart.
- 👑 Rest in His goodness.
- ⌚ Wait with hope—He is always faithful.