



Sermon Title: El Emunah- Our Lives in His hands

Text: Lamentations 3:22-26

“We have hope in the midst of despair, knowing that our lives are in God’s hands.”

What does it look like when the world is crumbling around us? It is easy to acknowledge God as a promise-keeper in plenty, but His faithfulness is truly defined by His consistency—an unwavering, steadfast love that guards and strengthens us even when our own strength fails.

In the historical context of Lamentations, the nation of Judah had fallen to the Babylonians due to their own waywardness. They were in a season of intense mourning, yet Jeremiah, the “weeping prophet”, shows us that lament is merely a bridge, not a destination. Jeremiah looked at the ruins of his nation and the destruction of the Temple, yet he chose to declare that God’s mercies are new every morning. While it is necessary to enter lament to face our pain, we cannot remain there. To experience true rebuilding and restoration, we must transition from the posture of mourning to a posture of moving forward. This is the shift we all must make—whether we are facing financial ruin, personal loss, or spiritual exhaustion.

To help us navigate this journey from the brokenness of yesterday to the restoration of tomorrow, we will explore three biblical principles to help us move forward and place our lives firmly back in His hands.

GOD IS IN CONTROL IN THE MIDST OF CHAOS.

When you read Lamentations 3, it can feel disorienting. Unlike the structured narrative of Genesis or the logical doctrines of Paul’s letters, Jeremiah’s writing swings wildly between frustration and praise, guilt and hope. To a modern publisher, the flow of thought would seem non-existent. However, this reflects the reality of our own spiritual journeys:

- Our emotions fluctuate between faith and sorrow, despair and hope.
- God does not require a polished storyline from us; He welcomes our raw, chaotic cries.

Even when Jeremiah’s heart felt like it was falling apart, his words were held within a divine structure. This reminds us that while our lives may feel like a storm of unpredictable waves, God is still the architect. Even during your most chaotic season, your life is held in His sovereign hands. To begin the journey of restoration, we must first rest in the truth that God is in control, even when we feel out of control.

GOD CALL US TO SEEK HIM IN THE MIDST OF TENSION.

In vv. 25-26, we are instructed to **seek Him** and **wait quietly**. This is not a passive waiting, but a purposeful engagement with God through four practical steps:

1. Reflect Humbly (3:27-28)

- We often seek “quick fix” solutions to escape pain.
- God uses these moments to mature our faith. Sitting in silence allows us to identify the real issues He is addressing in our souls.

2. Return with Openness and Honesty (3:40)

- Examine our motives, secret desires, and hidden priorities.

- Examine our literal actions, habits, and how we treat others. True restoration begins when we stop blaming circumstances and start practicing honest repentance.

3. Call and Cry Out to God (3:52-54)

- Throughout the Scriptures, God’s people have always used their voices to plead for mercy. From Hagar in the desert to Peter sinking in the waves
- Crying out is not a sign of weakness; it is a mark of faith that recognizes God as the only source of rescue.

4. Surrender the Battle (3:58-59)

- Whether it is trouble at the office or a personal betrayal, some battles are not yours to fight.
- When we surrender our anger and the “wrong done to us,” we find the stillness of heart that allows God to respond in His perfect timing.

GOD ANSWERS- GOD SEES AND HEARS IN THE MIDST OF OUR CRY.


In verse 57, Jeremiah records: “*You came near when I called on you; you said, 'Do not fear!'*” This simple response reveals the heart of our Father. When God says, “Do not fear,” He is not just giving a command; He is giving us Himself.


1. God Answers in His Perfect Time: Jeremiah 29:11 reminds us that God has a plan for our welfare, even when that plan includes a season of waiting. Restoration may not happen overnight—for Israel, it took 70 years—but God’s promise remains secure.


2. God’s Presence Sustains Us in the Struggle: Often, God does not take us *out* of the fire; instead, He walks *through* it with us (Isaiah 43:2).

- His presence is the fuel that allows us to endure health issues, workplace stress, or personal grief.
- He does not just watch from a distance; He comes near the moment we call.

3. God’s Word Revives the Soul: When God speaks, His Word casts out the shadows in our minds. It gives us the future and a hope necessary to face another day. Whether you are in a pit of despair or a river of transition, His Word is the lifeline that pulls you toward healing. God hears your broken cries. He is near even when He feels far, and His voice is the only thing powerful enough to drive away your deepest fears.

 **Ponder:** Your life may feel like unpredictable waves but remember the hidden structure of Lamentations 3. Just as Jeremiah’s raw emotions were held within a perfect alphabetic acrostic, your most chaotic moments are contained within God’s sovereign design. He is the Architect of the storm.

 **Practical Application:** This week, resist the “quick fix” urge. When a problem arises, spend a moment of silence before God. Instead of rushing to a solution, examine your heart and hands—your motives and actions—and ask God what He is maturing in you through this trial.

 **Prayer:** Lord, thank You that You do not require a polished performance, only a sincere cry. Thank You for coming near in the pit to say, “Do not fear.” I place my future in Your hands. Give me the peace to wait quietly for Your salvation, trusting that Your mercies are brand new this morning. Amen!