**SPEAKER:** Lizelle Jonker (Women Only)

**TITLE:** Victim to Victory

**TEXT:** Lamentations 3

1. **Introduction**
2. **Hope Lost**

Describing the intensity of pain and suffering. Grief and suffering is so great that it can make us physically ill and have physical pain. **“My endurance has perished; so has my hope from the Lord.”** Has life made you feel this way? We are so surrounded by darkness that there seems no hope for the future. Therefore, our strength and endurance have perished, and with that strength waning away, so has our hope. Too many times people stop right here. They are consumed by grief and wallow in their pain and sorrow. But we are learning that this is not where we stop! We cannot stay in this situation. Even though our days are filled with bitterness and tears, we cannot end our day on this note.

1. **Hope Renewed**

How to handle our times of deep despair and grief. Commits to an act of the will, rather than acting on his emotions and feelings. We must put something in our minds while in this state of pain and grief. Putting hope in our hearts by looking at God’s attributes and the accomplished work of redemption by Jesus Christ.

1. **Hope Proclaimed**

Now we take this hope and proclaim it to the rest of the people who are in grief and pain. Wait for God’s deliverance and submit to His will for our lives. Even in grief, God will have compassion because of his abundant steadfast love.

Who are we to complain against God? We are the ones who are full of sin! God is in the right. God is always just. We deserve nothing and everything we have in life is a grace poured out from God.

1. **Hope in Prayer!**

We need to examine our ways and pray to the Lord. Any time we examine ourselves and look at our lives honestly, it should cause us to pray because we know that we have woefully fallen short of God’s glory. So we turn to the Lord, tearing our hearts before our God.

1. **Hope for Restoration**

Hope comes from calling on the name of the Lord, turning to him in prayer without rest. We see God is near us and has taken up our cause. Because God is a just and faithful God and because he is compassionate toward those who wait for him and seek him.

1. **Conclusion**

God’s people recognize that their lives are not determined by some cold, impersonal fate or destiny. Our lives are in the hands of the living God, who is good, who hears our cries and will act for his people. Our praise and hope are motivated by the knowledge of this truth: the Lord is good and the Lord is faithful. God’s goodness is intrinsic to his glory. The compassion of God is particularly helpful for us to consider in grief. The compassion of God is an aspect of his love which focuses particularly on the depth and tenderness of his feelings toward his people when they are in need. God is our hope, despite our feeling of hopelessness and only then we can tell ourselves and others of God’s faithfulness and great mercies that are new every morning.