

9th YAG RETREAT

Theme: I Have Hope

Texts: Jeremiah, Lamentations

10.30am
Session #3

1 May 2009

A. POIGNANT GLIMPSES OF A DEEP PERSONAL STRUGGLE

1. Affliction by the rod of God's wrath Lamentations 3:1
2. Walking in darkness Lamentations 3:2, 6
3. God against Jeremiah Lamentations 3:3
4. Ageing Lamentations 3:4
5. Besieged by bitterness and woe Lamentations 3:5, 15
6. Unable to get out Lamentations 3:7
7. Heavy chains Lamentations 3:7
8. Prayers shut out Lamentations 3:8
9. Paths blockaded Lamentations 3:9
10. Torn to pieces Lamentations 3:10-11
11. Desolation Lamentations 3:11b
12. Wounded Lamentations 3:12-13
13. Despised Lamentations 3:14
14. Painful sorrow Lamentations 3:16
15. Peace removed Lamentations 3:17a
16. Prosperity forgotten Lamentations 3:17b
17. Strength gone Lamentations 3:18a
18. Hope perished Lamentations 3:18b
19. Sinking feeling Lamentations 3:20

B. POWERFUL LESSONS

1. Significance of Listing all the sorrow felt

- a) Fears expressed
- b) Facing up to things squarely
- c) Faint-heartedness noted

2. Sorting out Feelings

- a) Disappointment
- b) Discouragement
- c) Despair

C. A NEW SENSE OF HOPE

“This I recall to my mind, therefore I have hope” Lamentations 3:21

- 1. The power of Right Recall
- 2. The power of a Renewed Mind
- 3. The Power of a Renewed Hope

D. FLESHING OUT HOPE

1. Spell out this new sense of hope!

- a) Emotionally
- b) Mentally
- c) Spiritually

2. What changes must take place?

- a) Practically
- b) Immediately
- c) Ultimately