



JUNE THEME



Week Four – The promise of His faithfulness

Monday ~ **READ**

READ Lamentations 3:21-23, our main passage this week, in several versions. Then read all of the following passages which also highlight God's promise of faithfulness. When you are finished reading, pick at least three of the additional passages to add into your meditation this week: Psalm 33:4, Psalm 91:4, I John 1:9, II Thessalonians 3:3, II Timothy 2:13, I Corinthians 10:13, Psalm 119:90, Hebrews 10:23, Numbers 23:19.

*www.Biblegateway.com is a great place to view varied translations and paraphrases of Scripture

Tuesday ~ **COPY**

COPY Lamentations 3:21-23 and then also copy the additional 3 or more Scriptures you chose to add this week.

Wednesday ~ **PONDER**

PONDER Lamentations 3:21-23 and your additional chosen Scriptures using the following prompts:

- **Verse 21** - In Lamentations 3 Jeremiah is sharing his afflictions, but in verse 21, his focus shifts as he says, *"This I recall to my mind"* and then he goes on to describe what he recalls, and it is the Lord's faithfulness! So, let's join him... in the midst of whatever is going on in your life today, recall God's faithfulness to you over the years of your life, making a list of many ways He has been faithful. Journal your thoughts.
- **Verse 21** – this verse also says, *"Therefore I have hope."* On your list that you recalled of God's faithfulness, circle 3 or more descriptions of God's faithfulness that also really give you hope for today.
- **Verses 22-23a** – What 3 things are revealed about the heart of God in these verses? Write them down. Then go back to your list of God's faithfulness and allow thankfulness and expectation to well up in your heart for how these faithful acts of God *are still flowing, won't fail and will show up in new ways each day.* Journal your thoughts.
- **Verse 23b** – The reason for all of this is God's great faithfulness! The word *"great"* is defined as much, many, abounding in, more numerous than, abundant enough, strong, greater than. How does this promise of God's faithfulness being *"great"* specifically encourage you? Fill in this blank as many times as you would like... God's faithfulness is greater than my _____.
- **All the passages of your meditation this week** – What truths of His faithfulness do you see in these verses?

Thursday ~ **PRAY**

PRAY into the promise of Lamentations 3:21-23, and these other Scriptures...

- Recall to mind God's faithfulness to you and **THANK** Him for it.
- Based on His faithfulness, **EXPRESS** your hope and expectation to the Lord.
- **THANK** God for His never ceasing, never failing lovingkindness. **ASK** Him to help you see it each morning.
- **TALK** with God about the truths of His faithfulness that you see in the other passages.

Friday ~ **LISTEN**

LISTEN to a message on Lamentations 3:21-23 on our YouTube Channel, *Established Footsteps Ministry*.

*The video will be posted by Friday and the link will be sent to you via email.

Saturday ~ **SHARE**

SHARE Lamentations 3:21-23 with someone who is discouraged and needs to be reminded of God's faithfulness.