

Dear Heavenly Father,

Praise

The people said, “But you, O LORD, reign forever; your throne endures to all generations” (Lam 5:19). These words honor you as the sovereign and supreme ruler of the universe. Only to such a God could a broken people come and beg for mercy. You are worthy of my worship and deserving of my praise! You are the God who heals, renews and restores! All power and glory be to you, the King of kings! Hallelujah!

Today in Your Word

Today you shared with me the last part of your lament over the destruction of Jerusalem. As a whole, Lamentations answers this question: ‘How should your people respond to the terrible judgment that had fallen on them because of their wickedness?’ Yesterday, you said that they should remember the One they had cast aside, accept your punishment without complaint, repent and turn to you, and leave vengeance in your capable hands. Today, you told them why their judgment had been so horrible: “The guilt of my people is greater than that of Sodom, where utter disaster struck in a moment and no hand offered help” (Lam 4:6 NLT). The destruction of Sodom had been sudden; the destruction of Jerusalem was slow and full of horrible suffering (mothers boiled and ate their own children). This was because their sin was worse than Sodom. Indeed, they made Sodom look righteous by comparison! (Ezek 16:48–51). Next, you told them to bring their sorrow and grief to you in prayer: “Remember, O LORD, what has befallen us; look, and see our disgrace!” (Lam 5:1). They must bear their punishment without complaint, but it was appropriate for them to lay their suffering at your feet and beg for mercy (Lam 5:16). Lastly, you urged them to ask you for restoration: “Restore us to yourself, O LORD, that we may be restored! Renew our days as of old” (Lam 5:21). This was not a request to return to the evil and idolatry of years gone by. This was an appeal for you to bring them back into covenant faithfulness and love. You wanted them to understand that true restoration is found only in a loving, obedient relationship with you. So it is that Lamentations ends with a call to find healing in the one, true God. Praise the LORD!

Reflection

“A high calling flouted by low living results in deep suffering” (Life Application Study Bible). How true that is! Am I living in a way that brings glory and honor to my Lord and Savior, Jesus Christ?

Request

Father, as I listen to the weeping of your people and see the tears roll down their cheeks, I’m compelled to ask you for the strength and courage to do what I know is right! Help me to stand firm against the forces of this present darkness. May I always be a shining light for you!

Thanksgiving

Thank you for sharing Lamentations with me. I want it to stand as a testimony to my heart of the devastation that comes from a life of self and sin!

In Jesus’ name, Amen.

Suggested Hymn: “[I Am Resolved](#)” – Palmer Hartsough.

Meditation Verse: Lamentations 5:21.