

Scripture Passage: Lamentations 3:19-25

Memory Verse: Lamentations 3:22-23

Theme Song: Faithfulness

Big Idea: When we are sad we can know that God is faithful.

READ

Read Lamentations 3:19–25 aloud to your family. If your kids can read, consider having one of them read or letting them take turns reading.

Lamentations 3:19–25

¹⁹ Remember my affliction and my wandering, the wormwood
and bitterness.

²⁰ Surely my soul remembers
And is bowed down within me.

²¹ This I recall to my mind,
Therefore I have hope.

²² The Lord’s lovingkindnesses indeed never cease,
For His compassions never fail.

²³ They are new every morning;
Great is Your faithfulness.

²⁴ “The Lord is my portion,” says my soul,
“Therefore I have hope in Him.”

²⁵ The Lord is good to those who wait for Him,
To the person who seeks Him.

SING

Play “Faithfulness” from the *Doorpost Songs: This Is Love* album and sing together. If you have small children, find a toy instrument and let them bang away! If needed, print copies of the lyric sheet for your family.

MEMORIZE

Pick a section of the verses to memorize as a family. Use the suggestions below or choose your own. Use the long version for older children and the short version for preschoolers.

Long Version (Lamentations 3:22–23)

His compassions never fail.
They are new every morning;
Great is Your faithfulness, God.

Short Version (Lamentations 3:23)

Great is Your faithfulness, God.

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LEARN

Read the Big Idea and short devotional aloud to your family. If you have time, use the discussion questions at the end of the devotional.

What's the Big Idea?

When we are sad we can know that God is faithful.

Family Devotional

Have you ever been sad? Like, really sad?

The writer of Lamentations, was sad; in fact, that's what a "lamentation" is. It's something you write or say when you're sad.

Think about what made you sad. Was it something that someone said or did to you? Was it because you didn't succeed at something after you tried your best? Were you sad because of a wrong choice you made?

Whatever the reason, sometimes it's easier to remember the things that make us sad than it is to remember what makes us happy. Our brains are funny that way. Sometimes we get in a funk and all we can think are sad thoughts. Happiness seems a long way away.

The writer of Lamentations was in a funk, too. But he knew one thing that was sure to bring him out of his funk and give him hope: God's faithful love. You see, he knew that God's love, mercy and compassion never change. (That's what he meant when he said, "Great is your faithfulness!") God's love, mercy and compassion will always be with us. Just like the sun rises every morning, each new day is as full of God's love for you as the one before. Whether you are happy or sad, frustrated or content, making good choices or bad choices, God's love for you never ends.

So next time you're sad, remember God's faithful love for you. Remember that he is good to those who seek him. Remember that his mercy and compassion are new every morning. And you might find hope where you least expect it.

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TALK

Talk about what you have learned as a family. Use the questions below or ask some of your own.

1. Have you ever felt sad like the writer of Lamentations? Can you remember why? How did you feel?
2. If someone you loved was sad, what would you say to them? When you're sad, what do you think God would want to say to you?
3. What is "faithfulness"? What does it mean when the Bible says about God, "Great is your faithfulness"?
4. How can we find hope when we're sad?

PRAY

Pray together. Here are some ideas:

- If you or someone in your family is going through a time of sadness or difficulty, pray for them.
- Thank God that his love, mercy and compassion are new every morning.
- Ask God that he would help you and your family to seek him, even in the midst of sadness.
- Ask God to help you and your family have hope.