

Tuesday, April 7 ~ Pray at All Times ~ Lamentations 1:17-22

The definition for lamentations is the passionate expression of grief or sorrow; weeping. The prophet Jeremiah was greatly disturbed over the destruction of Judah, Jerusalem, and the Temple by the Babylonians in 586 BC. He was also grieved about the general condition of the Hebrew people and their disregard for God. The entire nation was suffering.

At some point we will all face some type of adversity: loss of family and friends, loss of a job, health issues, addictions, and other tribulation. Sometimes adversity is a result of something directly attributed to us and sometimes the adversity we face is not directly attributed to us. Jeremiah shows us that we should call on God at all times no matter what. Throughout Lamentations, Jeremiah expresses Adoration (give God praise & honor), Confession (let God know what is heavy on your heart), Thanksgiving (let God know what you are grateful for) and Supplication (praying for the needs of others). When you pray, think about the acronym ACTS (Adoration, Confession, Thanksgiving, and Supplication). During this season of Lent, be sure to constantly be in contact and communication with God. Let Him know how you feel and take the time to listen.

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Lamentations 1:17-22 New International Version (NIV)

¹⁷ Zion stretches out her hands,
but there is no one to comfort her.

The LORD has decreed for Jacob
that his neighbors become his foes;
Jerusalem has become
an unclean thing among them.

¹⁸ "The LORD is righteous,
yet I rebelled against his command.

Listen, all you peoples;
look on my suffering.

My young men and young women
have gone into exile.

¹⁹ "I called to my allies
but they betrayed me.

My priests and my elders
perished in the city
while they searched for food
to keep themselves alive.

²⁰ "See, LORD, how distressed I am!

I am in torment within,
and in my heart I am disturbed,
for I have been most rebellious.

Outside, the sword bereaves;
inside, there is only death.

²¹ "People have heard my groaning,
but there is no one to comfort me.

All my enemies have heard of my distress;
they rejoice at what you have done.

May you bring the day you have announced
so they may become like me.

²² "Let all their wickedness come before you;
deal with them

as you have dealt with me
because of all my sins.

My groans are many
and my heart is faint."