

"Got Thanks?"
Lamentations 3:1-26

Calvary Monument Bible Church
November 22, 2026 Pastor Robert Reid

Fallen humanity seems to be infected with ingratitude. Paul summarizes human's attitude this way, "Although they knew God, they did not glorify Him as God, nor were they thankful" (Romans 1:21). A proper attitude he tells another church is, "In everything give thanks: for this is the will of God in Christ Jesus concerning you." (1 Thessalonians 5:18).

In our study today we see Jeremiah focusing upon the faithfulness of the Lord, in the midst of the gloom surrounding the nation. This brings hope!

FIRST

I. How He Felt – Lost Hope Lam 3: 1 – 18

A. Rejected by God (1-3)

B. Crushed in body and spirit (4-6)

C. Trapped in circumstances (7-9)

D. Attacked by God (10-13)

E. Hope had perished (14-18)

SECOND

II. What He Remembered – Got Hope Lam 3: 19–26

NOTE: Acknowledges how he feels (19-20)

A. Attached to God's character (21-23)

1. Lord is merciful (22)

2. Lord is compassionate (22-23a)

3. Lord is faithful (23b)

B. Attached to God's relationship to him (24-26)

RESPOND

1. Reflect on this reality, "It is God's character that remains as the foundation of our thankfulness even in the midst of a dismal mantel of despair."
   - ◆What are some of the things that are surrounding your life that are sucking the spirit of thankfulness out of it?
   - ◆How might you refocus your life upon things that may reenergize your gratitude? A verse to meditate upon this Thanksgiving might be Philippians 4:8.

2. Try an exercise to think about what you are thankful for in this season set aside to give thanks: ◆Maybe get a concordance and read verses about thanksgiving. ◆Express to someone on Thanksgiving Day that for which you are grateful.
◆Put a verse on the dinner plate to prime your gratitude i.e. "Rejoice in the Lord always. Again I will say rejoice" Philippians 4:4. ◆Play some worship music that gets your mind thinking about who God is to you and what He has done for you.