

When Your World Falls Apart – Part 2

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What do you do when your world falls apart? When you get the call and it's the dreaded word that you have cancer. When the boss calls you into the office and says, "I'm sorry. We're starting to cut back. You're fired. You're laid off." What do you do in a time like that? What do you do when a loved one walks out the door? What do you do when they break off an engagement that you had your hopes pinned on? What do you do when someone dies in your family that was really the pillar in your life? What do you do when an accident happens and all of a sudden all of your plans are thrown out the door for the foreseeable future?

This is the question that a guy named Jeremiah asked thousands of years ago. Jeremiah was a prophet in the Old Testament times in Israel. During his lifetime he saw his nation decimated.

During this time Jeremiah wrote two books – one is called the book of Jeremiah and the other is called the book of Lamentations. Most people don't know about the book of Lamentations. It's very short.

What is a lamentation? Lamentation is a word we don't use any more. It's an old English word that means "to complain." So you can call this book the book of complaints because that's really what it is. To lament means to complain. When I unload my sins on God that's called confessing. When I unload my complaints on God that's called lamenting. So the book of Lamentations is literally just a book of Jeremiah's complaints against God.

It's not a real positive book. But in the middle of it there's a very positive message on what to do when your plans fall through, on how to rebuild your life when your world falls apart.

We're going to continue to look at Lamentations 3. We're just going to go verse by verse through chapter 3 and look at six lessons that Jeremiah learned. Six steps that he took to rebuild his broken world.

Let me just say this: I hope you don't need this message right now. I hope your world isn't falling apart. But you better take notes. Because you're going to need this someday. Life is not going to always be smooth for you. You're going to have your life fall apart multiple times in your lifetime. And you need to know what to do when your plans fall through. So you need to write this down. You certainly could share it with a friend this week whether you're in the crisis right now or not.

We'll just start with Jeremiah 3:1. The first lesson we learn is this...

JEREMIAH'S LAMENTATION AGAINST GOD

1. Unload all of my frustration on God

Lamentation 3:1-10 (NIV)

2. Turn my focus from pain to God's love

Lamentation 3:19-26 (TEV)

Lamentation 3:31-33 (TEV)

3. Get alone with God and wait

Lamentation 3:28-29 (MSG)

Lamentation 3:25-26 (TEV)



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4. _____

"Let us examine our ways and test them, and let us return to the Lord." Lamentation 3:40 (NIV)

5. _____

"My enemies threw me into a pit and dropped stones on me. The water flowed above my head, and I cried out, 'This is the end!' But I called on your name, Lord, from deep within the well, and you heard me! You listened to my pleading; you heard my weeping! Yes, you came at my despairing cry and told me, 'Do not fear!'"
Lamentation 3:53-57 (NLT)

6. _____

*"Restore us, O Lord, and **bring us back to you** again! Give us back the joys we once had!"* Lamentation 5:21 (NLT)

Pastor's Class

Sunday Church School

March 17, 2023