



TIME OF GRACE®

Gracenotes

guides for personal Bible study

A Fresh Start

Lamentations 3:19-26: ¹⁹“I remember my affliction and my wandering, the bitterness and the gall. ²⁰I will remember them, and my soul is downcast within me. ²¹Yet this I call to mind and therefore I have hope: ²²Because of the LORD’s great love we are not consumed, for his compassions never fail. ²³They are new every morning; great is your faithfulness. ²⁴I say to myself, ‘The LORD is my portion; therefore I will wait for him.’ ²⁵The LORD is good to those whose hope is in him, to the one who seeks him; ²⁶it is good to wait quietly for the salvation of the LORD.”

Points to Ponder

1. Why is it important for a fresh start that we recognize that some of the trouble in our lives is our own fault—we caused it?
2. **Read Lamentation 3:22.** Why do God’s repeated statements of love give you hope even if your burden isn’t removed? What value do they give you?
3. **Read Lamentations 3:22,23.** If God’s compassion is new every morning, what does that mean for your mistakes and sins of the past? Is a fresh start truly a fresh start?
4. When the Lord is your “portion,” what does that mean? And then because of that, what can you trust as far as God’s activity in your life?

5. **Read Lamentation 3:25.** List some ways that you can seek out your God and make him a regular part of your day.

A fresh start is truly possible for us because God's compassion is new every day, and that means we are forgiven anew for our past mistakes. As we stay close to him by studying his Word, we can go forward, trusting that our rock-steady God will use our struggles as platforms to carry out his agenda for our lives.

What else does God say?

Psalm 136:26: Give thanks to the God of heaven. His love endures forever.

Isaiah 41:10: Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.