

Jeremiah and Lamentations are emotionally heavy books. They speak about rebellion, loss, grief, intense consequences, loneliness, and heartbreak. But they also show us something deeply meaningful: *God does not ask His people to pretend.*

Jeremiah is often called “the weeping prophet” because he carried both God’s message and God’s heart in a troubled time. Lamentations is a collection of poems grieving the destruction of Jerusalem. Together, these books teach us how to bring sorrow and grief honestly before God while still holding onto hope.

This week, we are going to see what it looks like to grieve faithfully. As you read, pay attention to:

- What is broken?
- What emotions are expressed?
- What truths are still held onto?
- What hope remains?

Grab your notebook and Bible, and let’s get started.

Parents: Jeremiah and Lamentations help us understand that God is both just and compassionate. This week’s Parent Prompt will help you talk with your kids and students about fairness, consequences, honesty with God, and how lament teaches us to bring our pain and questions to Him instead of pretending everything is fine. [Parent Prompt](#)

Week 20 Memory Verse | Lamentations 3:22-24

Monday, May 18

Read: Jeremiah 1:4-19

Reflect: Jeremiah’s calling begins with insecurity: “I do not know how to speak...”

God’s response is not, “You’re actually more capable than you think.” Instead, God repeatedly points Jeremiah back to His presence. “I am with you.”

That matters because ministry that honors God has never about personality, confidence, or charisma. It is about faithfulness.

Jeremiah would spend much of his life speaking difficult truths to people who did not want to hear them. He would experience rejection, loneliness, and resistance.

Yet God still called him.

Many people assume faithfulness results in some kind of visible success. Jeremiah reminds us that faithfulness means obedience, even when the outcomes are not ideal to us.

Act: Write down one area where you feel inadequate or hesitant right now to be obedient to God. Beneath it write: “God is with me in...”

Pray: Lord, when I feel weak or unqualified, remind me that Your presence matters more than my ability. Help me walk in faithfulness, even when it feels difficult. Amen.

Tuesday, May 19

Read: Jeremiah 18:1–17

Reflect: Prophets often communicated through imagery and symbolic actions. Here, Jeremiah watches a potter reshape clay on a wheel. God uses the image to communicate something deeper about His relationship with His people.

This is one of the major features of prophetic literature: God uses physical pictures to reveal spiritual truths.

The image and following message here is both sobering and hopeful. God confronts sin seriously—but He is also patient, active, and willing to reshape what is broken. The clay is not abandoned by the Potter.

Many people feel stuck in patterns of failure, regret, or disappointment. Maybe that’s you. Jeremiah reminds us that God is still able to form and reshape lives that are surrendered to Him.

Act: Ask, “Where in my life do I most need God to reshape me?”
Write a simple surrender prayer beginning: “Lord, keep forming...”

Pray: God, thank You that You do not give up on what is unfinished. Shape my heart, my character, and my life according to Your purposes. Amen.

Wednesday, May 20

Read: Jeremiah 20:1-13; Psalm 13

Reflect: Jeremiah is startlingly honest. In light of his circumstances, he expresses frustration, exhaustion, loneliness, confusion—even anger.

This is important because many people assume mature faith means never struggling emotionally. But Jeremiah teaches us something different... *faithfulness includes honesty.*

Notice what Jeremiah does *not* do. He does not walk away from God; He wrestles *with* God. That distinction matters.

Biblical and God-honoring lament is not the absence of faith—it is bringing your pain directly into relationship with God. Jeremiah’s honesty shows us the way to stop pretending spiritually.

Act: Write out an honest prayer to God about something difficult you’re carrying right now. Do not try to sound polished or impressive. Just be real and truthful about how you feel. Then conclude the prayer by reminding yourself of what’s true about God.

Pray: Lord, thank You that You can handle my honesty. Teach me to bring my struggles to You instead of hiding them behind appearances. Amen.

Thursday, May 21

Read: Jeremiah 29:1–14

Reflect: Here we are. A chapter we hardly ever read, containing a verse most of us know. Let’s consider what is happening here. Jeremiah writes to people living in exile—displaced, grieving, and uncertain.

And yet, in the middle of loss, God tells them:

- build homes
- plant gardens
- seek the peace of the city
- keep living faithfully

This is one of the surprising themes of Jeremiah: *hope is not passive waiting; it is faithful living in difficult places.*

The famous promise of verse 11 comes in the middle of exile, not comfort. It makes a promise that generation would never see with their own eyes. That wasn't the point. It was a promise bigger than them.

God's people were not abandoned, even when life was utterly disrupted. That matters for us too.

Some seasons feel like exile. You are not where you expected to be. This is not how you thought life would go. You feel uncertain about the future.

Jeremiah reminds us that God is still present, and He is still faithful. Even if you don't get to see that faithfulness enacted.

Act: Ask, "Where do I need to stop merely surviving and start living faithfully and hopefully again?" Write one practical step of faithfulness for this season.

Pray: Father, help me trust that You are still at work, even in seasons that feel uncertain or disappointing. Teach me to live faithfully right where I am. Amen.

Friday, May 22

Read: Lamentations 1:1–6; 3:1–24

Reflect: Lamentations is poetry written from grief. The book slows us down and refuses to rush past pain, as uncomfortable as it may make us.

Did you find yourself not actually reading, just kind of skimming through it? Go back and actually read it.

Lament is not a literary genre we read often. That's why it feels odd or uncomfortable. This is one of the major differences in this genre: Lamentations is not trying to solve suffering quickly; it is helping people process it honestly.

Notice the movement in chapter 3:
Grief → Sorrow → Remembering → Hope

Hope does not erase grief; it rises in the middle of it. One of the most important words in the passage is "yet."

"Yet this I call to mind..."

Faith often grows in that small turning point that is easy to miss. It is not denial. It is not pretending. It is remembering who God is in the middle of real pain.

Act: Write two statements about the situation you considered on Wednesday:

- "Right now, this feels _____ because..."
- "Yet I remember..."

Finish the second sentence with something true about God.

Pray: God, teach me how to grieve honestly without losing hope. Help me remember Your faithfulness, even when emotions feel heavy. Amen.

Saturday, May 23 – Sunday, May 24

Read: Lamentations 3:25–33; Romans 8:18–39

Reflect: Lamentations ends with waiting, not quick resolution or immediate restoration. Just waiting.

That feels really uncomfortable because we prefer closure and a "lived happily ever after" outcome.

But the Bible repeatedly teaches that waiting with God is not a waste.

Notice what these verses emphasize:

- God's compassion
- God's faithfulness
- God's mercy
- God's character

Circumstances may still feel unresolved, but God remains trustworthy in the midst of it.

This becomes fully clear in Jesus. Jesus entered human suffering personally. He wept. He carried grief. He suffered injustice.

Through His resurrection, He proves to us again and again that sorrow and grief will not have the final word.

Christian hope is not pretending pain is small. It is believing the resurrection of Jesus Christ is bigger.

Act: Spend five quiet minutes reflecting on this question...

What does it look like for me to wait faithfully with God right now?

Then review or memorize Lamentations 3:22–24.

Pray: Jesus, thank You for meeting me in grief and carrying hope into broken places. Teach me to wait with trust, remembering that Your mercy is new every morning. Amen.