

Bible Project Video

Week 28

July 13, 2026 – July 19, 2026

BIBLE STUDY COMPANION GUIDE

Main Sermon Passage

Lamentations 3:19–26

Study Passages of the Week

Lamentations 1–5; Psalm 44

Theme or Focus

Great Is Thy Faithfulness. Hope in the Ashes

Lamentations was written in the aftermath of Jerusalem's destruction by Babylon in 586 BC. The book gives voice to the grief, suffering, and devastation experienced by God's people after years of covenant unfaithfulness led to judgment. Rather than ignoring pain, these poems invite God's people to bring their sorrow honestly before Him.

At the center of the book stands a declaration of hope: God's steadfast love and mercy never fail. Even amid overwhelming loss, God's faithfulness provides confidence that He has not abandoned His people. Theologically, Lamentations teaches that grief and hope can exist together, encouraging believers to trust God's character even when circumstances seem bleak.

Psalm 44 echoes this tension by crying out to God in the midst of suffering while continuing to place hope in Him. Together, these passages remind us that God's faithfulness remains constant, even in life's darkest moments.

Memory Verse

Lamentations 3:22–23 - *"Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning;*

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Reflection & Discussion

What emotions are expressed throughout the book of Lamentations?

Why is Lamentations 3 considered the turning point of the book?

What does God's steadfast love reveal about His character during times of suffering?

How can believers hold on to hope while experiencing grief?

How does Psalm 44 model honest prayer during difficult seasons?

Fill in the Blanks

1. "Because of the LORD's great _____ we are not consumed." (Lam 3)
2. His _____ are new every morning.
3. "Great is your _____." (Lamentations 3)
4. "The LORD is my _____; therefore I will wait for Him." (Lamentations 3)
5. "Rise up and _____ us because of your unfailing love." (Psalm 44)