

**Learning to Lament**  
**5. Reasons for hope (Lamentations 5)**

**John Percival**

**Introduction**

- How do we respond to pain?
- A **communal prayer**:

**A plea for God to REMEMBER (v1-18)**

- A cry (v1)
  
- A complaint (v2-18)

**A plea for God to RESTORE (v19-22)**

- Who we are to pray to (v19-20)
  
- What we are to pray for (v21)
  
- The end, but also not the end (v22)

**Conclusion**

**Lamentations 5 (NIV)**

- <sup>1</sup> Remember, LORD, what has happened to us;  
look, and see our disgrace.
- <sup>2</sup> Our inheritance has been turned over to strangers,  
our homes to foreigners.
- <sup>3</sup> We have become fatherless,  
our mothers are widows.
- <sup>4</sup> We must buy the water we drink;  
our wood can be had only at a price.
- <sup>5</sup> Those who pursue us are at our heels;  
we are weary and find no rest.
- <sup>6</sup> We submitted to Egypt and Assyria  
to get enough bread.
- <sup>7</sup> Our ancestors sinned and are no more,  
and we bear their punishment.
- <sup>8</sup> Slaves rule over us,  
and there is no one to free us from their hands.
- <sup>9</sup> We get our bread at the risk of our lives  
because of the sword in the desert.
- <sup>10</sup> Our skin is hot as an oven,  
feverish from hunger.
- <sup>11</sup> Women have been violated in Zion,  
and virgins in the towns of Judah.
- <sup>12</sup> Princes have been hung up by their hands;

elders are shown no respect.

<sup>13</sup> Young men toil at the millstones;

boys stagger under loads of wood.

<sup>14</sup> The elders are gone from the city gate;

the young men have stopped their music.

<sup>15</sup> Joy is gone from our hearts;

our dancing has turned to mourning.

<sup>16</sup> The crown has fallen from our head.

Woe to us, for we have sinned!

<sup>17</sup> Because of this our hearts are faint,

because of these things our eyes grow dim

<sup>18</sup> for Mount Zion, which lies desolate,

with jackals prowling over it.

<sup>19</sup> You, LORD, reign forever;

your throne endures from generation to generation.

<sup>20</sup> Why do you always forget us?

Why do you forsake us so long?

<sup>21</sup> Restore us to yourself, LORD, that we may return;

renew our days as of old

<sup>22</sup> unless you have utterly rejected us

and are angry with us beyond measure.