



REFLECTING ON SCRIPTURE

Week of Sept 29 – Oct 5

SEE:

Reflecting on this scripture, where did you see God at work in your life this past week?

SEEK:

How does this scripture spark insight, hope, or action for the coming days?

Lamentations 1:1-6; 3:19-26

¹ *How lonely sits the city that once was full of people! How like a widow she has become,*

she that was great among the nations! She that was a princess among the provinces

has become subject to forced labor.

² *She weeps bitterly in the night, with tears on her cheeks;*

among all her lovers, she has no one to comfort her;

all her friends have dealt treacherously with her; they have become her enemies.

³ *Judah has gone into exile with suffering and hard servitude; she lives now among the nations;*

she finds no resting place; her pursuers have all overtaken her in the midst of her distress.

⁴ *The roads to Zion mourn, for no one comes to the festivals; all her gates are desolate;*

her priests groan; her young girls grieve, and her lot is bitter.

⁵ *Her foes have become the masters; her enemies prosper because the Lord has made her suffer*

for the multitude of her transgressions; her children have gone away, captives before the foe.

⁶ *From daughter Zion has departed all her majesty.*

Her princes have become like stags that find no pasture; they fled without strength

before the pursuer.

¹⁹ *The thought of my affliction and my homelessness is wormwood and gall!*

²⁰ *My soul continually thinks of it and is bowed down within me.*

²¹ *But this I call to mind, and therefore I have hope:*

²² *The steadfast love of the Lord never ceases, his mercies never come to an end;*

²³ *they are new every morning; great is your faithfulness.*

²⁴ *"The Lord is my portion," says my soul, "therefore I will hope in him."*

²⁵ *The Lord is good to those who wait for him, to the soul that seeks him.*

²⁶ *It is good that one should wait quietly for the salvation of the Lord.*