

# TakeFive

Biblical insights for the week of June 3-7, 2019  
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## Restore Us Oh Lord

### Monday — Lamentations 5; Matthew 11:28

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**“God, hear our prayers!”** This is the final poem of the book of Lamentations. In the fourth chapter, the people of Jerusalem were suffering during the fall of the city and temple. Their suffering and pain came from their unwillingness to listen to God. It reminds us that we need to listen to God and trust Him.

In Lamentations 4:17, Jeremiah remembers how there was no one to help deliver them. Only God can deliver. Only God can save. The prophets and priests (4:13) as well as the kings (4:20) had failed the people. Throughout Lamentations, Jeremiah shows us that the first place to turn in grief and pain is to the Lord in prayer. No one can help like God. No one can comfort like God. Because of their reality, the final poem is Jeremiah’s prayer to God.

We all live in the tension between our troubles and God’s promises. As we’re faced with the realities of life, Lamentations reminds us to go to God for help. Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest (Matthew 11:18).” Hear our prayers, oh Lord.

**For Today:** Create a prayer list this week. Pray over each need every day.

### Tuesday — Lamentations 5:1-18; Deuteronomy 31:6

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**“Remember, oh Lord?”** Everything’s falling apart, and Jeremiah begins to cry out to God in verses 1-18. Lord, do you see what has happened to us? He could be saying, remember the promises that you made to me. Remember the promises you made to us as a nation. This is typical of God’s people in the scriptures, wanting God to remember and act on His covenant promises. Maybe a weak translation would be...we know you’re faithful God, so get us out of this! Can’t we all relate to this? God, don’t you see what’s happening in our lives? You’ve promised to be there for us; please show up now!

Are we the ones who have forgotten and need to remember that God has promised to always be with us? “Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you (Deuteronomy 31:16).”

**For Today:** With your prayer list, begin a list of God’s promises from scripture.

### Wednesday — Lamentations 5:7, 16; Luke 18:13

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**“Woe to us!”** Please help us Lord. Remember your covenant with us Lord. Jeremiah spends 18 verses pleading his heart and case before the Lord. In verse 7, it sounds like he’s blaming everything on their forefathers, “Our ancestors sinned and are no more, and we bear their punishment (Lamentations 5:7).” At the same time, he documents how they themselves have sinned (1:8; 2:14; 3:39; 3:42; 4:13).

You can also see the years of God’s graciousness, waiting this long before bringing judgment. Still, the people’s only cry is, “...woe to us for we have sinned (Lamentations 5:16b).” We are all sinners. All I can say is, “God be merciful to me, the sinner (Luke 18:13).” God loves us and is pursuing us. “Where sin runs deep, Your grace is more – where grace is found is where You are – where You are, Lord, I am free – holiness is Christ in me.”

**For Today:** Read Hebrews 4:14-16. How is God merciful toward you?

### Thursday — Lamentations 5:19; Psalm 9:7-10

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**“The Lord Reigns!”** Verse 19 seems to be the key to the prayer. “But you, O Lord, reign forever; your throne endures to all generations.” We are in your hands, Lord. You reign. You have sovereign control. Even in desolation God still reigns and remains in control. The book of Revelation carries the same message. Christians are being killed for the cause of Christ, yet the book opens with the Lord on the throne (Revelation 4) and closes with Jesus riding on a white horse destroying the enemies (Revelation 19). God reigns and is in control.

“But the Lord reigns forever, executing judgment from his throne. He will judge the world with justice and rule the nations with fairness. The Lord is a shelter for the oppressed, a refuge in times of trouble. Those who know your name trust in you, for you oh Lord, do not abandon those who search for you (Psalm 9:7-10).”

**For Today:** Memorize Psalm 46:1. It will change your life!

### Friday — Lamentations 5:21

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**“Restore us, Lord!”** We learn in the fifth poem that we pray for restoration, knowing that God keeps His word to forgive us of our sins and place us back into a right relationship with Him. Our greatest need is reconciliation to the Father because of our sins. Christ is the fulfillment of God’s word to save the world and give us what we need so that we can avoid the wrath of God and be his children.

“Restore us to Thee oh Lord that we may be restored (Lamentations 5:21).” We can “count it all joy” when we’re faced with trials and the pain of sufferings, knowing that God is faithful. How can I change for the Lord? What is God teaching me through this pain and grief? We trust in our Savior who loves us and gave Himself for us. “His mercies are new every day” and with each new day is another opportunity to grow and be changed.

**For Today:** How has God changed your life? Share your story with someone.