

Think about the things which are true, honorable, just, pure, lovely, commendable, excellent, praiseworthy

Sometimes, there is just too much to process

- *Information that aids my living*

how virus works, what symptoms are, how to boost immune system, how to limit infection rates, where to find resources, what can I do to help

- *Information that helps me pray*

what is happening around the world, where people are suffering, what they need

- *Information that overwhelms me*

different for each person, but things that I cannot control (most things), cannot know (like the future), and cannot help resolve (like the death rate in Arcadia)

Jeremiah was dealing with an overwhelming reality!

Lamentations 3 - An acrostic psalm of 66 verses where each 3 verse section begins with the same letter of the Hebrew alphabet (א, ב, ג, ד, etc.) - All 22 letters.

God gives us poetic language to help understand & express overwhelming emotions.

Directing our Minds to God Lamentations 3:19-33

16-18 The End of the Beginning

18 - The first occurrence of YHWH, God's covenant name.

19-21 Ends in Hope

19 - Remembering my affliction, my homelessness, like bitter tasting poison

20 - Remembering I remember (I cannot stop thinking about my suffering)

21 - But this, I return to my heart, so therefore I have hope!

There is something that scatters the darkness!

22-24 Begins in Chesed

22 - The steadfast love of YHWH never ceases, his compassions have no end!

23 - They arrive new to each morning (like the manna) - his reliability is great

24 - My portion is YHWH (my soul says) [therefore I have hope} *same as v.*

21 {in him} added in this verse

Hope is not an optimistic outlook, but a Divine reality.