



# The Sinking Soul

## Lamentations 3:20-21

My soul still remembers  
and sinks within me.

This I recall to my mind,  
Therefore I have hope.

# The Cause

**Lamentations 3:20** My soul still remembers and sinks within me.

**Lamentations 3:37** Who is he who speaks and it comes to pass, When the Lord has not commanded it?<sup>38</sup> Is it not from the mouth of the Most High that woe and well-being proceed?

# The Cure

Lamentations 3:21 This I recall to  
my mind, Therefore I have hope.  
<sup>22</sup>Through the LORD'S mercies we  
are not consumed, Because His  
compassions fail not.<sup>23</sup>They are  
new every morning; Great is  
Your faithfulness.

# The Cure

**Lamentations 3:24** “The LORD is my portion,” says my soul, “Therefore I hope in Him!”<sup>25</sup> The LORD is good to those who wait for Him, To the soul who seeks Him.<sup>26</sup> It is good that one should hope and wait quietly for the salvation of the LORD.<sup>27</sup> It is good for a man to bear the yoke in his youth.

# The Cure

**Lamentations 3:39** Why should a living man complain, A man for the punishment of his sins?<sup>40</sup> Let us search out and examine our ways, And turn back to the LORD;<sup>41</sup> Let us lift our hearts and hands to God in heaven.