

**Lesson #5 – Lamentations 3:19-22**  
**Section 3: The Prayer for Mercy**

**Introduction:**

When personal sin leads you to \_\_\_\_\_, remember the  
\_\_\_\_\_ of our God.

**Action #1: Jeremiah \_\_\_\_\_ “the rod” of God’s wrath (v. 19)**

**Action #2: Jeremiah \_\_\_\_\_ the reality of situation (v. 20)**

**Action #3: Jeremiah \_\_\_\_\_ to his mind the lovingkindness  
of his God (vv. 21-22)**

**Conclusion:**