GENESIS TO REVELATION | POETRY

Hope in a Time of Sadness

Lamentations 3:19-33



YOUR BIBLE READING

Hope can be spoken honestly from within sorrow.

Inside: two extended reading pages, a thoughtful reflection, creative activities and a grown-up guide.

AGES 6-10 WITH AN ADULT • 6 COLORFUL A4 PAGES • ENGLISH ONLY

EXTENDED ENGLISH READING • PAGE 1 OF 2

Remembering Pain and Calling Hope to Mind

Lamentations 3:19-33



Lamentations is a book of sorrowful poetry. In these verses, the speaker remembers affliction, wandering distress, and bitterness. The images of wormwood and a bitter taste give words to suffering that has not been forgotten. This is not the beginning of a cheerful adventure or a scene in which someone explains every reason for pain. The poem lets a hurting voice speak openly before any statement of hope is offered.

Remembering the trouble weighs the speaker down. The poem does not treat that response as proof that the person is bad. Memory can bring sadness back into the present. A reader may recognize the difference between recalling a pleasant moment and being pulled toward something deeply painful. Here the speaker's soul is bowed down. That honest description is part of the reading, not something to skip because hope appears in the next lines.

Then the speaker deliberately calls something else to mind: God's loving kindness and compassion. These do not fail, the poem says, and they are new each morning. God's faithfulness becomes a reason for hope. The earlier trouble has not been denied or removed from the page. The poem places trust beside it, giving the suffering speaker more to remember than bitterness alone without demanding that the bitter memory never return.

The speaker describes God as their portion and says they will hope in him. A portion is a share or what one relies upon. The language points to trust rather than a new possession being handed over in the scene. The reading has moved from remembering affliction toward remembering mercy. Both movements belong to the same poem, allowing hope to be spoken from within sadness rather than requiring sadness to finish before trust can have a voice.

Remember: I can remember care while still telling the truth about what hurts.

EXTENDED ENGLISH READING • PAGE 2 OF 2

Waiting Without Pretending Sorrow Is Gone



Lamentations 3:19-33

The poem says that God is good to those who seek him and that it is good to wait quietly for his rescue. Waiting here is part of a poetic response to suffering, not a timetable specifying how long every person's trouble will last. Nor does quietness make the original pain unimportant. The speaker has already used words to name it. Silence and speech can both appear in an honest response without one erasing the other.

The verses then use difficult pictures: carrying a yoke in youth, sitting in silence, lowering one's face to the dust, and receiving humiliation or a blow. These are ancient images of hardship and being brought low. They need careful reading with an adult. They are not instructions for children to let someone hit them, keep abuse secret, or remain alone without help. Getting protection is not the opposite of having hope.

The closing lines insist that rejection is not forever. The speaker trusts that compassion will accompany grief because God's loving kindness is abundant. The poem speaks about God in relation to judgment and sorrow, yet says that grieving human beings is not his willing delight. This is a serious effort to hold pain and mercy together. It should not become a quick claim that we know why another person is suffering or that their pain is deserved.

A present-day example might be someone who still misses a loved one while receiving steady company from friends. The company does not make the death unhappen, and hope need not mean constant smiling. This example is not a new scene from Lamentations. It helps us recognize how care can become visible without explaining away loss. The reading gives words for sorrow, remembrance, waiting, and hope, leaving room for practical help as well as a trusting prayer.

Pause and think: What kind of care can offer hope without asking someone to pretend their sadness has ended?

THINK, NOTICE & GROW

Let Hope Be Honest



Use two colors on a page. One can represent something difficult; the other can represent care or hope. They may sit beside each other rather than one covering the other. You can use an imaginary situation if you do not want to share a private hurt. Explain the colors only if you wish. The activity is a way to explore the poem's two kinds of remembering.

Think of a small, dependable kindness someone has offered: listening, bringing a meal, explaining a task, or staying nearby. What made it helpful? Such care does not need to solve every problem before it matters. If someone is grieving, an adult can help you find an appropriate way to support them without requiring them to feel better on your schedule.

If hardship includes someone hurting or threatening you, tell a trusted adult and keep asking for protection. The poem's difficult images do not make abuse acceptable. You may cry, question, speak, rest, and seek help. If you wish to pray, you can use plain words about what hurts and what care you need, without pretending your feelings are already peaceful.

A SMALL STEP FOR TODAY

Lamentations allows real sorrow and remembered mercy to stand together, giving hope a voice without hiding pain.

What kind of care can offer hope without asking someone to pretend their sadness has ended?

Read, Remember & Create

Name: _____ Date: _____

1 Think about the reading

1. What two things does the speaker remember?

2. Does hope require pretending that pain never happened?

2 Put the ideas in order

Write 1, 2 and 3 for the order these ideas appear in the reading.

- ☐ Notice mercy recalled as a reason for hope.
- ☐ Read waiting and compassion without denying the need for care.
- ☐ Hear the speaker remember affliction and bitterness.

3 Draw a meaningful picture

Draw two flowing colors for sorrow and hope, with a symbol of dependable care where they meet.

Tell someone how your picture connects to the reading.

Read & Grow Together

Read and learn with context

This English edition is designed for ages 6-10 with an adult. Read both extended readings together, or enjoy one each day. Pause at unfamiliar words, invite questions and use the reflection page to connect the story with everyday life. These are retellings and lessons with explanations; read the listed Bible passage for context. Poetry, parables, letters and symbolic visions are identified by type.

Remember this

I can remember care while still telling the truth about what hurts.
Original memory thought, not a direct Bible quotation. Related passage: Lamentations 3:19-33

A thoughtful conversation

This is lament poetry, not a diagnosis of why any child suffers. Read the yoke, silence, dust, and offered cheek as ancient hardship imagery requiring explanation, never permission for abuse. Hope does not demand cheerful feelings or silence about harm. Invite grief, trusted adult support, and protection alongside voluntary prayer.

Activity answers

1. The speaker remembers suffering and also God's compassion and faithfulness.
2. No. The poem keeps honest sorrow beside remembered mercy.
Sequence boxes, top to bottom: 2, 3, 1. Personal responses and drawings will vary.

Optional prayer

If you wish: God, I bring what hurts. Help me receive care and hold hope honestly.

Print and share

Each pack has 6 pages. Print on A4 at Actual Size (100%). The worksheet is page 5. You may print just that page, or use the separate 150-page activity book. The collection contains 150 packs in Bible book order, 15 volumes and one ZIP. Catalog pack IDs stay the same when new readings are added.

Sources and sharing

English retellings, lessons, reflections and activities by DigiPick (2026), based on Lamentations 3:19-33. Source checked with the public-domain World English Bible. Illustration: original symbolic vector artwork by DigiPick.store; a learning aid, not an additional Bible event.
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