

**TITLE AND NUMBER:** 34. New every morning



**REFERENCE AND KEY VERSE(S):** Lamentations 3:22-26

Because of the Lord's great love, we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. (v 22 and 23)

The Lord is good to those who hope in him; it is good to wait quietly for the salvation of the Lord. (v 25 and 26)

**LOOKING FURTHER:** Isaiah 40:31; 2 Corinthians 5:17

### What does this Bible passage tell us?

Christians often talk about having their daily "quiet time". What does this mean, and how can we do it when we are in a busy, noisy place with little privacy? Does it matter?

In this life, and especially in prison, not every day is a good day. Sometimes so much seems to go wrong that I get to the point where a day feels like a write-off, and I just can't wait to go to bed, go to sleep, and have a fresh start the next day. This passage reminds us that God brings us through the bad days as well as the good ones, because He loves us whatever. It goes on to remind us that the next day is a new beginning.

When people go home after a day at the beach, the sand is covered with footprints, sandcastles, and sadly a fair bit of rubbish left around, too. Yet overnight, the tide will come in and wash the beach clean and make it smooth and inviting ready for the new day.

We can experience this in our lives, too. In 2 Corinthians, Paul writes, "If anyone is in Christ, they are a new creation. The old has gone, the new has come." This isn't a one-off promise, but one we can receive daily. The passage in Lamentations tells us to wait quietly for the Lord.

The tide that washes our lives clean every day is the presence of the Holy Spirit. Each day, we can experience this by spending a few moments reading and reflecting on the Bible. Perhaps you could listen to a Christian broadcast or music, or talk to God in prayer and take a moment of quiet to let Him reach out to you. He can make every morning a new beginning. The passage tells us that God's faithfulness is great – if we wait for Him in a "quiet time", He will meet us.

### Reflections:

- There is no right or wrong time or place for waiting for God or having a "quiet time". For example, it could be at night, in the morning or at lunchtime. Think about what works for you and try to keep to it as much as possible.
- Use the reflections on the back of this sheet to make notes from your times waiting on God. Is there anything you have learned or experienced that you could share with someone as an encouragement?
- If you would like any materials or Bible reading notes to help you pray and read the Bible every day, ask a Chaplain. There are several different ones you can try to find what suits you.

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



What have you seen God do in response to your prayers this week?

