

Echo Summer Series: Rediscover

Echo Church | Week 33 | August 17, 2025 | Rich Saunders Jr. |

“Rediscover: Your Hope” | Lamentations 3:21–24 NKJV

Lamentations 3:21–24 (NKJV)

- 21. This I recall to my mind, Therefore I have hope.
- 22. Through the LORD’s mercies we are not consumed, Because His compassions fail not.
- 23. They are new every morning; Great is Your faithfulness.
- 24. “The LORD is my portion,” says my soul, “Therefore I hope in Him!”

Lamentations 3:21–24 (GenZ Version)

- 21. I like, totally remember this in my mind, so that's why I've got hope. {remember...: Yo, it's like bringing it back to my heart}
- 22. We totally owe it to the Supreme Being's endless, unconditional love that we're still kickin', 'cause their compassion never falters.
- 23. Every morning brings freshness: your faithfulness is truly amazing.
- 24. The LORD is like, totally everything I need, you know? My soul is all like, 'Yes!' So, I'm gonna have mad hope in Him.

Introduction: How Is Hope Lost? Where Is Our Expectation?

Let me ask you something: *How is hope lost?* It doesn’t just vanish into thin air. It’s chipped away by disappointment, unmet expectations, and the weight of life’s struggles. It’s like a slow leak in a tire—you don’t notice it at first, but eventually, you’re running on empty.

This is where we find Jeremiah in Lamentations 3. Jerusalem is in ruins. The temple is destroyed. The people are in exile. And Jeremiah is sitting in the rubble, wrestling with despair. He’s asking the same questions we ask today: ***“God, where are You? How did we get here? Is there any way out of this?”***

Now, let’s bring this into today’s culture. In the Western world, we’ve become experts at ***“hope motions.”*** You know what I’m talking about. It’s when we say, *“I hope this works out,”* but deep down, we don’t really believe it will. It’s when we show up to church, sing the songs, and say the right things, but our hearts are disconnected. We’ve replaced expectation with resignation. *We’re not living in hope; we’re just going through the motions.*

But here’s the good news: Jeremiah shows us that even in the middle of devastation, hope can be rediscovered. He says, *“This I recall to my mind, therefore I have hope.”* In other words, hope isn’t something you stumble upon—it’s something you intentionally reclaim.

So today, we’re going to talk about how to move from *hope motions* to *hope in motion*. Let’s rediscover our hope.

Point 1: Hope Starts with a Recall

Supporting Scripture:

"This I recall to my mind, therefore I have hope." (Lamentations 3:21)

"Bless the Lord, O my soul, and forget not all His benefits." (Psalm 103:2)

"I will remember the works of the Lord; surely I will remember Your wonders of old." (Psalm 77:11)

Jeremiah teaches us that hope begins in the mind. He doesn't wait for his circumstances to change—he changes his focus. He recalls God's faithfulness, His mercies, and His compassion. Here's the problem: in today's culture, we're so distracted by what's wrong that we forget what's right. We scroll through bad news, compare our lives to highlight reels on social media, and let our minds marinate in negativity. No wonder we've lost hope!

But here's the thing: what you focus on will fuel you. *If you focus on your problems, you'll feel defeated. But if you focus on God's promises, you'll feel empowered.* That's why Jeremiah says, *"This I recall to my mind."* He's making a conscious decision to remember who God is and what He's done.

Let me paint a picture for you. Imagine you buy a product—let's say a car. You're driving it, and everything seems fine at first. But then you get a notice in the mail: "This vehicle has been recalled due to a defect." Now, the manufacturer isn't recalling it to punish you—they're recalling it to protect you. ***They've identified something that could cause harm or prevent the car from functioning the way it was designed to.***

Here's the thing: you have a choice. You can ignore the recall and keep driving, risking a breakdown or even an accident. Or you can respond to the recall, take the car in, and let the manufacturer fix what's broken. And when you do, the car doesn't just work—it works better. It's safer. It's restored to its original purpose.

Now, let's bring this into the spiritual realm. When Jeremiah says, "This I recall to my mind, therefore I have hope," he's issuing a spiritual recall. He's saying, "There's something in my thinking that's defective. I've been focusing on the wrong things, and it's causing me to lose hope."

God is the ultimate manufacturer, and He's calling us to recall His faithfulness, His promises, and His character. Why? Because when we focus on the wrong things—our problems, our pain, our past—it's like driving a defective car. It's only a matter of time before we break down.

But when we respond to the recall—when we intentionally remember who God is and what He's done—it restores our hope. It realigns us with our purpose. It reminds us that no matter how bad things look, God is still in control.

"God's recall isn't about punishment—it's about protection. When you recall His faithfulness, you rediscover your hope."

"You can't rediscover hope if you don't remember who God is."

Point 2: Hope Requires a Reset

Supporting Scripture:

"Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning." (Lamentations 3:22-23)

"Do not remember the former things, nor consider the things of old. Behold, I will do a new thing." (Isaiah 43:18-19)

"If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." (2 Corinthians 5:17)

Jeremiah reminds us that God's mercies are new every morning. But here's the catch: you can't embrace today's mercies if you're still holding onto yesterday's pain.

In the Western world, we've normalized carrying baggage. We carry the weight of past failures, disappointments, and regrets. And then we wonder why we feel hopeless. We carry things we should've checked.

It's time for a reset. Every morning is a fresh start. God's mercies are like a reset button for your soul. Stop replaying the past and start receiving the new mercies God has for you today.

Alright, let's talk about something we've all experienced: a phone that's acting up. You know the drill. Your apps are glitching, your screen is freezing, and nothing is working the way it's supposed to. So, what do you do? You try to troubleshoot. You close the apps. You restart the phone. But sometimes, the only solution is a full reset.

Now, a reset isn't fun. It takes time. You might lose some things in the process. But here's the thing: after the reset, the phone works like it's brand new. It's faster. It's smoother. It's back to functioning the way it was designed to.

This is exactly what Jeremiah is talking about when he says, *"Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning."* God's mercies are like a daily reset for your soul.

But here's the problem: too many of us are walking around like glitchy phones. We're carrying the weight of yesterday's failures, disappointments, and regrets. We're trying to function, but we're not operating the way God designed us to.

A reset requires two things: letting go of what's not working and trusting the process. Spiritually, that means letting go of the past and embracing God's new mercies. It might feel uncomfortable. You might have to release some things you've been holding onto. But when you reset, you're not just surviving—you're thriving.

“God’s mercies are the ultimate reset button. When you let go of yesterday, you make room for the new things He wants to do today.”

“God’s mercies are new every morning, but we keep living in yesterday’s mess.”

Point 3: Hope Is Rooted in Relationship

Supporting Scripture:

“The Lord is my portion,” says my soul, “Therefore I hope in Him!” (Lamentations 3:24)

“Whom have I in heaven but You? And there is none upon earth that I desire besides You.”
(Psalm 73:25)

“I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.” (John 15:5)

Jeremiah says, *“The Lord is my portion.”* In other words, God is enough. But let’s be real: in our culture, we’ve put our hope in everything *but* God. We hope in our jobs, our relationships, our bank accounts, and our own abilities. And when those things fail, so does our hope.

Then we live in this...waiting on something to fail. Waiting on what’s currently good to eventually become something bad. All because you at one point put your hope in something that couldn’t match or reach your expectations.

Hope isn’t about what you have; it’s about who you know. When your hope is rooted in your relationship with God, it’s unshakable. Why? Because God doesn’t change. He’s the same yesterday, today, and forever.

“If your hope is in what you have, it will fail. If your hope is in who God is, it will flourish.”

Point 4: Hope Moves You to Action

Supporting Scripture:

“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” (Isaiah 40:31)

“Faith without works is dead.” (James 2:26)

“For we walk by faith, not by sight.” (2 Corinthians 5:7)

Here’s the thing about hope: it’s not just a feeling; it’s a force. When you truly have hope, it moves you to action. It gives you the strength to keep going, even when life gets hard.

But in today’s culture, we’ve confused waiting with inactivity. We say we’re “waiting on God,” but really, we’re just sitting still. True hope doesn’t sit—it soars. It runs. It walks. It keeps moving forward, trusting that God is working behind the scenes.

If you want to rediscover your hope, you’ve got to put it into motion. Start praying again. Start believing again. Start taking steps of faith, even if they’re small.

“Hope isn’t passive—it’s active. It’s the fuel that keeps you moving forward.”

Conclusion: Where Is Our Expectation?

So, where is our expectation? If we’re honest, many of us have placed our hope in the wrong things. We’ve been going through the *hope motions*—saying the right things but not really believing them.

But here’s the good news: hope isn’t lost. It’s just misplaced. And today, you can rediscover it. How? By recalling who God is, resetting your focus, rooting your hope in your relationship with Him, and putting that hope into action.

Let me leave you with this: *Hope isn’t just wishful thinking—it’s confident expectation in a faithful God.* And when your hope is in Him, you can face anything.

Call to Action

Take a moment this week to reflect on where your hope has been placed. Write down three ways God has been faithful in your life and use that as fuel to reignite your hope. Let’s move from *hope motions* to *hope in motion*.