



All I can do  
is pray

*Dr Bert Roux*



A close-up photograph of a person's hands clasped together in a prayerful gesture, resting on an open Bible. The hands are positioned at the top right of the frame, with fingers interlaced. The Bible is open, showing its pages, which are slightly blurred. The background is a soft, out-of-focus light color. A semi-transparent black rectangular box with a thin light-colored border is centered over the image, containing the text in white.

# LAMENTATION

## 3:1 - 25 (ESV)

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**1** I am the man who has seen affliction under the rod of his wrath; **2** he has driven and brought me into darkness without any light; **3** surely against me he turns his hand again and again the whole day long. **4** He has made my flesh and my skin waste away; he has broken my bones;



# LAMENTATION

## 3:1 - 25 (ESV)

**5** he has besieged and enveloped me with bitterness and tribulation; **6** he has made me dwell in darkness like the dead of long ago. **7** He has walled me about so that I cannot escape; he has made my chains heavy; **8** though I call and cry for help, he shuts out my prayer;



# LAMENTATION

## 3:1-25 (ESV)

**9** he has blocked my ways with blocks of stones;  
he has made my paths crooked. **10** He is a bear  
lying in wait for me, a lion in hiding; **11** he turned  
aside my steps and tore me to pieces; he has made  
me desolate; **12** he bent his bow and set me as a  
target for his arrow. **13** He drove into my kidneys



# LAMENTATION

## 3:1 - 25 (ESV)

the arrows of his quiver; **14** I have become the laughingstock of all peoples, the object of their taunts all day long. **15** He has filled me with bitterness; he has sated me with wormwood. **16** He has made my teeth grind on gravel, and made me cower in ashes;



# LAMENTATION

## 3:1 - 25 (ESV)

**17** my soul is bereft of peace; I have forgotten what happiness is; **18** so I say, “My endurance has perished; so has my hope from the LORD.” **19** Remember my affliction and my wanderings, the wormwood and the gall! **20** My soul continually remembers it and is bowed down within me.



# LAMENTATION

## 3:1-25 (ESV)

**21** But this I call to mind, and therefore I have hope: **22** The steadfast love of the LORD never ceases; his mercies never come to an end; **23** they are new every morning; great is your faithfulness.



# LAMENTATION

## 3:1-25 (ESV)

**24** “The LORD is my portion,” says my soul, “therefore I will hope in him.” **25**  
The LORD is good to those who wait for him, to the soul who seeks him.



# LAMENTATION 1:9

**9 Her uncleanness was in her skirts; she took no thought of her future; therefore, her fall is terrible; she has no comforter.**

**“O LORD, behold my affliction, for the enemy has triumphed!”**



# 2 CORINTHIANS 1:8-9

**8 For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. 9 Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.**

# THE WORD “KNOWLEDGE”

**In Hebrew means:**

**“dah’-ath which is defined as: -  
cunning, [ig-] norantly, know(-ledge),  
[un-] awares (wittingly).”**



# THE WORD “KNOWLEDGE”

The Concise Oxford dictionary  
(1989) notes that:

**“Knowledge is familiarity gained by  
experience.”**

# **1 CORINTHIANS 10:3-5 (KJV)**

**“3 For though we walk in the flesh, we do not war after the flesh: 4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)**



# **1 CORINTHIANS 10:3-5 (KJV)**

**5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”**

# **ROMANS 12:2 (AMP)**

**“Do not be conformed to this world (this age) (fashioned after and adapted to its external, superficial customs), but be transformed (changed) by the (entire) renewal of your mind (by its new ideals and its new attitude),**



# **ROMANS 12:2 (AMP)**

**so that you may prove (for yourselves)  
what is the good and acceptable and  
perfect will of God, even thing which is  
good and acceptable and perfect (in His  
sight for you).”**

A close-up photograph of a person's hands clasped together in a prayer position, resting on an open book. The hands are positioned in the upper right corner of the frame. The book is open, showing two pages with faint, illegible text. The background is a soft, out-of-focus light brown or beige color. A large, semi-transparent black rectangular box with a thin light brown border is centered horizontally across the middle of the image, containing the text "INDIVIDUAL PRAYER" in white, bold, sans-serif capital letters.

# INDIVIDUAL PRAYER



# **DEUTERONOMY 30:19 (KJV)**

**“I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore, choose life, that both thou and thy seed may live.”**

A close-up photograph of a person's hands clasped together in a prayer position. The hands are positioned at the top right of the frame. Below the hands, an open book with white pages is visible, resting on a surface. The background is a soft, out-of-focus light brown or beige color. A large, semi-transparent black rectangular box with a thin light brown border is centered horizontally across the middle of the image, containing white text.

**INTIMATE PRAYER  
ALLOWS PEOPLE:**



- **Improve their happiness;**
- **Improves self-control which allows forgiveness according to the Word of God;**
- **People recover quicker from abusive relationships;**
- **Reduces the risk of depression;**
- **Lowers stress levels;**

- **Improves the recovery from heart surgery;**
- **Recovers quicker from the loss of a loved one**
- **More content with life in general;**
- **Improves mood swings;**
- **Reduces fear;**
- **Improves relationships;**



- **Increases the rate of successful rehabilitation from addictions;**
- **Improves the immune function;**
- **Lowers the feeling of hostility against others;**
- **Improves healthier marriages, and;**
- **Cleanse the heart from a guilty conscience.**

# LAMINATIONS 3:22-23 (KJV)

**“22** It is of the LORD'S mercies that we are not consumed, because his compassions fail not. **23** They are new every morning: great is thy faithfulness.”



A close-up photograph of a person's hands clasped together in a prayerful or contemplative gesture. The hands are resting on an open book with lined pages. The background is a soft, out-of-focus light color. A black rectangular box with a thin orange border is superimposed over the center of the image, containing the text "REMEMBER THIS!" in white, bold, sans-serif capital letters.

**REMEMBER THIS!**

**REMEMBER THIS!**

**Any person living under condemnation with bitterness, rage, defensiveness, and insecurities will be bound by the threefold chain of rejection, bitterness, and pride.**



**REMEMBER THIS!**

**Any Christian who becomes a  
citizen of God's Kingdom via faith  
in Jesus Christ is inherently against  
satan's Kingdom**