A reading from the book of Lamentations

My soul is deprived of peace,
I have forgotten what happiness is;
I tell myself my future is lost,
all that I hoped for from the Lord.

The thought of my homeless poverty is wormwood and gall;
Remembering it over and over leaves my soul downcast within me.
But I will call this to mind, as my reason to have hope:

The favors of the Lord are not exhausted,
his mercies are not spent;
They are renewed each morning,
so great is his faithfulness.
My portion is the Lord, says my soul;
therefore will I hope in him.

Good is the Lord to one, who waits for him, to the soul that seeks him;
It is good to hope in silence for the saving help of the Lord.

The word of the Lord