

# Lamentations 3:20

Authorized King James Version (KJV)

My soul hath them still in remembrance, and is humbled in me.

## Analysis

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Soul bowed down within—self-humbling before God. Opposite of pride. Necessary posture for receiving mercy.

## Historical Context

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Exile broke national pride. Israel learned not automatically blessed but needed genuine repentance.

## Related Passages

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**John 3:16** — God's love and salvation

**Ephesians 2:8** — Salvation by grace through faith

## Study Questions

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1. Why is humility essential before God can restore?
2. Why is remembering affliction both painful and necessary for spiritual restoration?
3. How does the humbling of the soul relate to genuine repentance and return to God?

## Interlinear Text

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תָּזַכּוּ וְ	תָּזַכּוּ וְ	וְתִשָּׁחַיִם	עַל־י	נַפְשִׁי:
<b>hath them still</b>	<b>hath them still</b>	<b>and is humbled</b>	H5921	<b>My soul</b>
H2142	H2142	H7743		H5315

## Additional Cross-References

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**Psalms 42:11** (Parallel theme): Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

**Psalms 43:5** (Parallel theme): Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.

**Job 21:6** (Parallel theme): Even when I remember I am afraid, and trembling taketh hold on my flesh.