

**Let us lift up our hearts with our hands unto the God in heaven.
Lam.3:41**

Lam 3:40.Let us search and try our ways, and turn again to the LORD.

**41.Let us lift up our heart with our hands unto God in the heavens.
KJV**

LAMENTATIONS

A short Old Testament book, written in poetic form, that expresses deep grief over the destruction of the city of Jerusalem and the Temple. Its English title comes from a Greek verb meaning "to cry aloud," which accurately describes the contents of the book. Written by Jeremiah 588 BC.

Lament--to mourn aloud. If not for yourself, then for someone else.

{1} Lam. 3:40.Let me look at myself in the Word of God. Turn again to the Lord.

**Ps 139:23.Search me, O God, and know my heart;
test me and know my anxious thoughts.**

**24.See if there is any offensive way in me,
and lead me in the way everlasting.**

NIV

**Isa 55:7.Let the wicked forsake his way, and the unrighteous man his thoughts:
and let him return unto the LORD, and He will have mercy upon him; and to our
God, for He will abundantly pardon. KJV**

**{2} Lam 3:41.Let us lift up our heart with our hands unto God in the heavens.
KJV**

**{a} Some eighty times this frase is in the Word of God: "Lift up or Lifted up. " The
word "lifted". Refers to: Sacrifice.**

John 12:32And I, if I be lifted up from the earth, will draw all men unto me.KJV

**{a} The Supreme Sacrifice. Altars in bible were high, so what ever was brought
had to be "lifted Up'**

From the book "Cry aloud"

Lam 3:41.Let us lift up our heart with our hands unto God in the heavens. KJV

Ps 141:2.Let my prayer be set forth before thee as incense; and the lifting up of my hands as the evening sacrifice. KJV

Ex 29:41.Offer the other lamb in the evening, along with the flour and the wine as in the morning, for a fragrant offering to the Lord, an offering made to the Lord by fire. TLB

{a} Our prayers and the lifting up of our sacrifices, are accepted in the attitude in which it was given.

Psa.25:1 Unto thee O Lord, do I lift up my soul.

2.O my God, I trust in thee: let me not be ashamed, let not mine enemies triumph over me. KJV

Ps 143:8.Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. KJV

Ps 63:3.Because thy lovingkindness is better than life, my lips shall praise thee.

4.Thus will I bless thee while I live: I will lift up my hands in thy name.KJV

Ps 86:4.Rejoice the soul of thy servant: for unto thee, O Lord, do I lift up my soul.

5.For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.

6.Give ear, O LORD, unto my prayer; and attend to the voice of my supplications.

7.In the day of my trouble I will call upon thee: for thou wilt answer me.

8.Among the gods there is none like unto thee, O Lord; neither are there any works like unto thy works.

KJV