

POWER HOUR

8/2/2026

Lesson Text:
Jeremiah 30:1-11, 18-22

Related Scriptures:
Psalms 24:3-10; 85:1-9; 126:1-6;
Nehemiah 2:9-20; 6:15-16 &
Amos 9:11-15

“GOD’S PROMISED LAND”

NLT TRANSLATION

Golden Text: For my people will serve the Lord their God and their king descended from David—the king I will raise up for them. Jeremiah 30:9 NLT

Time: 587 B.C.

Place: Jerusalem

Jeremiah 30:1-11, 18-22 NLT

¹ The Lord gave another message to Jeremiah. He said, ² “This is what the Lord, the God of Israel, says: Write down for the record everything I have said to you, Jeremiah. ³ For the time is coming when I will restore the fortunes of my people of Israel and Judah. I will bring them home to this land that I gave to their ancestors, and they will possess it again. I, the Lord, have spoken!” ⁴ This is the message the Lord gave concerning Israel and Judah. ⁵ This is what the Lord says: “I hear cries of fear; there is terror and no peace. ⁶ Now let me ask you a question: Do men give birth to babies? Then why do they stand there, ashen-faced, hands pressed against their sides like a woman in labor? ⁷ In all history there has never been such a time of terror. It will be a time of trouble for my people Israel. Yet in the end they will be saved! ⁸ For in that day,” says the Lord of Heaven’s Armies, “I will break the yoke from their necks and snap their chains. Foreigners will no longer be their masters. ⁹ For my people will serve the Lord their God and their king descended from David—the king I will raise up for them. ¹⁰ “So do not be afraid, Jacob, my servant; do not be dismayed, Israel,” says the Lord. “For I will bring you home again from distant lands, and your children will return from their exile. Israel will return to a life of peace and quiet, and no one will terrorize them. ¹¹ For I am with you and will save you,” says the Lord. “I will completely destroy the nations where I have scattered you, but I will not completely destroy you. I will discipline you, but with justice;

I cannot let you go unpunished."

¹⁸ This is what the Lord says: "When I bring Israel home again from captivity and restore their fortunes, Jerusalem will be rebuilt on its ruins, and the palace reconstructed as before. ¹⁹ There will be joy and songs of thanksgiving, and I will multiply my people, not diminish them; I will honor them, not despise them. ²⁰ Their children will prosper as they did long ago. I will establish them as a nation before me, and I will punish anyone who hurts them. ²¹ They will have their own ruler again, and he will come from their own people. I will invite him to approach me," says the Lord, "for who would dare to come unless invited? ²² You will be my people, and I will be your God."

INTRODUCTION

Jeremiah 30:1-11, 18-22 is a passage rich with historical, cultural, and theological significance. It speaks to the themes of suffering, exile, and restoration, and it employs vivid imagery and covenantal language to convey its message.

The prophet used the metaphor of childbirth to highlight the hope of eventual relief and joy. Just as labor pains culminate in the birth of a child, the suffering of the people would ultimately lead to a new beginning and restoration.

Jeremiah 30 addresses the context of the Babylonian Exile, a pivotal event in the history of God's people. The Babylonian Exile, which began in 586 B.C. with the destruction of Jerusalem and the temple, was a period of profound crisis for the people of Judah. That event was seen as a divine judgment for their covenantal unfaithfulness, but it also carried the promise of eventual restoration.

Additional Scripture Readings

The Promised Land of Canaan. Exodus 6:2-8.

The Horrors of the Exile. 2 Kings 25:1-21.

Returning from Exile. Ezra 1:1-8.

Rebuilding Jerusalem. Nehemiah 2:9-20; 6:15-16.

Rejoicing in God's Restoration. Psalms 126:1-6.

Awaiting the Final Restoration. Acts 1:4-11.

Restoring Israel's Fortunes. Jeremiah 30:1-11, 18-22.

1. The restoration of Israel (Jeremiah 30:1-3). Jeremiah's prophecy began with a command from the Lord to write the words he heard in a book as a witness for the people. This was to be a witness not only for the people of Judah—Jeremiah's primary audience—but for Israel as well. Northern Israel had long since ceased to exist (2 Kings 17:1-23). Intermarriage with foreign settlers had left them indistinguishable from the surrounding nations. They could no longer be called "Israel," and Judah was heading down the same road.

God's promise to restore Israel and Judah was radical—and one that seemingly had fallen flat. There are currently no twelve distinguishable tribes in Israel, as their lineages have been lost. God's element of compassion in this prophecy, however, goes far beyond the nation of Israel. Instead, we have begun to see its fulfillment through God's adoption of the Gentiles as His people (Romans 9:6-9). Yet God has not abandoned His chosen people, and one day the fullness of Israel (and all the Gentiles) will be made known in the new creation (Revelation 7:4-10).

2. The service of Israel (Jeremiah 30:4-11). After giving the promise of restoration, Jeremiah moved into words of judgment, urging the people to repent. Many were longing for the day of the Lord, seeing it as a moment of salvation from the nations. However, that day would be a terror to all who were unrepentant, including Judah (Amos 5:18-27).

Even in the midst of judgment on His unrepentant people, God would not make a total end of His people, but He would discipline them so they would not defile His name. He would also save them so they would glorify His name. God would change their hearts so they would worship Him. Instead of serving foreign nations, they would serve the rightful heir of David's throne. God would be with His people as Immanuel and would rule as their true King (Isaiah 7:14; 9:1-7).

We have seen a partial fulfillment in this promise through Jesus' first coming. He was born as king yet took on the lowest of places to save us. At His death, the veil in the temple tore. This was a visible demonstration of the ushering in of a new covenant, fulfilling the words of Jeremiah that God would write the new covenant on the heart of His people. When Jesus ascended, He took His place as King, seated at the right hand of God. We still wait for His return when He reveals His full kingship.

3. The rebuilding of Israel (Jeremiah 30:18-22). Today's text finishes with an emphasis on the rebuilding of Jerusalem, which the Babylonians previously destroyed in 586 B.C. Nehemiah partially restored Jerusalem as the people experienced a revival during that time, promising to follow the Lord (Nehemiah 8:1-10:39). The revival, however, was nothing like Jeremiah promised, and we have yet to see anything to that extent. What is in view seems not to be a physical revival of the nation of Israel but God's rule in the new creation (Revelation 21:1-8; 22:14-15)

PRACTICAL POINTS

God's people should look to His Word for hope in troubled times (Jeremiah 30:1-3).

God knows all the trouble that we will endure; we are never abandoned (vss. 4-7).

The Lord will rescue His children from oppressors in His timing (vs. 8).

God will gather His children under His Davidic Ruler (vss. 9-10).

The Lord disciplines but does not discard His people (vs. 11).

God knows that stability, security, and heritage are important to His people (vss. 18-20).

Having a leader who values a close relationship with God is a blessing to the people (vs. 21).

There is no higher status than to be called God's people (vs. 22).

CONCLUSION

Jeremiah prophesied both judgment and compassion for the people of Israel and Judah. God would exile them, yet He would not make a full end of them. Instead, He would rescue them and renew their hearts to worship Him. We live in a time when we have seen a partial fulfillment of this prophecy through the coming of Jesus. Through Him, God has adopted all who believe as sons of Abraham. As we wait for Christ's return, we can easily become discouraged. We see great injustice, and the delay of God's promise seems indefinite. Nonetheless, we have hope. The God who repeatedly rescued His people will return for us too! When He does, He will make all things new, and we will have rest and security in the land.

Next week, our new unit of study is on the compassion of God for His people **"God Reconciles His People . Jeremiah 31:1-14.** *Union Gospel Press, LifeStone*