

The Grace of Lament

The minor-key song in our lives

What is Lament?



Lament:

- a loud cry, a howl, passionate expression of grief
- Biblical lament is more than just sorrow or walking through the stages of grief.



Lament is a prayer in pain
that leads to trust.



Lament is rooted in what
we believe.



“

“IT IS PRECISELY OUT OF TRUST THAT GOD
IS SOVEREIGN THAT THE PSALMIST
REPEATEDLY BRINGS LAMENTS AND
PETITIONS TO THE LORD... IF THE
PSALMIST HAD ALREADY DECIDED THE
VERDICT -THAT GOD IS INDEED
UNFAITHFUL- THEY WOULD NOT CONTINUE
TO OFFER THEIR COMPLAINT.”

BROKENNESS

LAMENT

GOD'S MERCY

PAIN

LAMENT

PROMISE

HEARTBREAK

LAMENT

HOPE

What does lament provide?



1. Language for loss

Provides Biblical Vocabulary and serves as model for talking to God about our pain

2. Solution for silence

Lament opens the door for you to be able to talk to God again, even if it's messy.

**Prayerlessness is
deadly.**

2. Category for complaints

Complaining to God is
not necessarily sinful.

4. Framework for our feelings

Validates pain while providing framework to avoid self-centeredness

5. Process our pain

More than just the
stages of grief

6. Way to Worship

Grief-filled prayers of pain while seeking God are among the deepest expressions of God-centered worship.

If we do not learn to lament
brokenness in our lives, we
miss out on another
opportunity to worship God.





How to Lament

As seen in the Psalms

Lament

01 TURN

02 COMPLAIN

03 ASK

04 TRUST

Turn to God in your disappointments

- To pray in pain is an act of faith
- Better than silence

Psalm 77: 1-3 ESV

I cry aloud to God, aloud to God, and he will hear me.

In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted.

When I remember God, I moan; when I meditate, my spirit faints.

Bring a Complaint

- Not self-centered rage at God
- Not anger or denial
 - Anger: bitterness
 - Denial: projecting
- Tell God His promises back

Psalm 13: 1-3 ESV

How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I take counsel in my soul

and have sorrow in my heart all the day?

How long shall my enemy be exalted over me?

“A lament honestly and specifically names a situation or circumstance that is painful, wrong, or unjust – in other words, a circumstance that does not align with God’s character and therefore does not make sense within God’s kingdom.”

- Stacey Gleddiesmith

Guidelines for godly complaint:

COME HUMBLE

Come with your pain, not your pride.

PRAY THE BIBLE

We need the boundaries of biblical language.

BE HONEST

Remember you have a Savior that understands.

DON'T JUST COMPLAIN

You must keep moving.

**“God I know you are not _____,
but it feels like you are today.”**

Ask Boldly

1. “Arise O Lord!” (Psalm 10:12)
a. “Do something, Lord, Please!”

2. Grant us help” (Psalm 60: 11-12)
a. “I need deliverance, rescue, and strength”

3. “Dont be silent -- listen to me” (Psalm 28:1-2)
a. Even if you’re not sure if God hears, don’t stop asking

4. “Teach me” (Psalm 143:10)
a. “Show me what you are teaching me in this pain”

- Begin moving from the “why” questions to the “who” you are talking to.

1 My God, my God, why have you forsaken me?

Why are you so far from saving me, from the words of my groaning?

2 O my God, I cry by day, but you do not answer,
and by night, but I find no rest.

3 Yet you are holy,
enthroned on the praises of Israel.

4 In you our fathers trusted;
they trusted, and you delivered them.

5 To you they cried and were rescued;
in you they trusted and were not put to shame.

Psalm 22: 1-5 ESV

**“Yet reminds us that sorrow doesn’t have
to yield before we ask God for help.
It invites us to pray boldly even when we
are bruised badly.”**

Choose to Trust

- Trust is believing what you know to be true even though the facts of suffering might call it into question.

Psalm 13: 5-6 ESV

5 But I have trusted in your steadfast love;
my heart shall rejoice in your salvation.

6 I will sing to the Lord,
because he has dealt bountifully with me.

Choose to Trust

We rejoice in the promises of God; promises
don't end the pain, but they give it purpose.

- God promises to meet your needs: Luke 12:22-31
- God promises to hear your prayers: Matthew 7:7-11
- God promises to never leave nor forsake you:
Hebrews 13:5
- God promises to forgive all your sins if you trust in
Jesus: Ephesians 1:7
- God promises to strengthen you and dwell with you
by his Holy Spirit: Ephesians 3:16
- God promises to bring you into glory: Colossians 3:4

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Hebrews 12:1-2 ESV

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away. And he who was seated on the throne said, “Behold, I am making all things new.” Also he said, “Write this down, for these words are trustworthy and true.” And he said to me, “It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment.

Revelation 21:4-7