

LAMENT

THE PATHWAY

THE
forge

He that lacks time to mourn, lacks time to mend.

SIR HENRY TAYLOR

A PATHWAY TO LAMENT

Lament can be a simple and powerful prayer in the midst of anger, sorrow, sadness, grief and longing. When we feel we have no else to turn to, we cry out to God.

Lament is a child-like prayer that, besides the awareness of the darkness, intentionally chooses to focus on Jesus and His love. Lament always hopes without ignoring or denying reality; it acknowledges where we are, how we feel, what we need, and cries out for God to narrow that gap.

In hope Abraham believed against hope, Paul says (Romans 4:18). When there was no more reason to hope Abraham deliberately chose to keep hoping in God and in God's promises, without ever taking his eyes off reality. That's faith expressed through lament.

Laments can be expressed in many ways. It can be done in words, music, dance, drawing, or any other kind of creative expression. You're free to choose what suits you better. Whatever form your lament takes, it is a way to start telling your story, naming your feelings, releasing painful memories to receive healing, comfort, encouragement, hope, guidance from God, by trusting Him.

A black and white photograph of a woman's face in profile, looking upwards with her hands clasped in prayer. The image is high-contrast, with the woman's face and hands illuminated against a dark background. The word "LAMENT" is written in white capital letters in the top left corner.

LAMENT

Both the child and the cynic walk through
the valley of the shadow of death. The
cynic focuses on the darkness; the child
focuses on the Shepherd.

PAUL MILLER

A PATHWAY TO LAMENT

Address God

"O Lord", "Mighty King", "Lover of Justice"... — Psalm 28

My rock, be not deaf to me. How Long O' Lord? — Psalm 13

Cry out to God. How will you address God?

What role does God play in this situation?

What name do you ascribe to him?

What God's character trait comes the most to your heart in this situation?

How do you believe your relationship with God will initiate change in your life?

Review of God's Faithfulness in the Past

"For he divided the sea and led them through, making the water stand up like walls".

—Psalm 78

How has God been faithful to you in the past? Be as specific as you can

How has He shown up?

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Complaint

My God, my God, why have you abandoned me? Why are you so far away when I groan for help? Every day I call to you, my God, but you do not answer. Every night you hear my voice, but I find no relief. —Psalm 22

What is the source of your anger, fear, sorrow, sadness and grief?

What painful situation is before you? (Feel free to be specific here and include more than just a couple of sentences if it helps.)

How do you feel God has failed you?

How do you feel others have failed you?

How do you feel you have failed?

Confession of Sin / Claim for Innocence

"O Lord my God I have done wrong." —Psalm 7

"I have kept the ways of the Lord; I have not turned from my God to follow evil. I am blameless before God." —Psalm 18

What is within you that aches for forgiveness?

Is there anyone that you need to forgive? What do you need to forgive that person for?

How have you failed to trust and obey God?

In what ways have you been faithful?

A PATHWAY TO LAMENT

Ask God for Help

Listen to my prayer O God, do not ignore my cry for help! Please listen and answer me, for I am overwhelmed by my troubles.
—Psalm 55

What do you want God to do for you? Be as specific as you can.
In what ways do you long to see Him move?

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Assurance of Being Heard

Go away, all you who do evil, for the Lord has heard my weeping. The Lord has heard my plea, the Lord will answer my prayer. —Psalm 6

Recount the ways in which God has responded to your suffering in the past.
What do you need from God to feel heard?
How can you acknowledge that God is listening to your prayer at this moment?
Who do you know God to be based on your experiences/ relationship with him?
What are God's character traits that most come to your mind in this situation?
What does God's faithfulness might look like to you over this next year?

A PATHWAY TO LAMENT

Promise to Praise and Trust God

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— My Savior and my God. Now I am deeply discouraged but I will remember You.”
—Psalm 42

Looking beyond your current circumstances, what are the reasons God is nevertheless worthy of your praise and trust?

What praise will you offer after God has shown up? Articulate these as clearly and honestly as you can.

Assurance

With God's help we will do mighty things, for God will trample down our foes.
—Psalm 60

Victory comes from you, O Lord. May you bless your people. —Psalm 3

What attribute of God are you thankful for in this moment?

What thing/ person/event (no matter how small) can you be grateful for?



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