

# How To Lament

## 1. Recognize the reality of your situation - be honest with God.

**Read:** Lamentations 3 & Job 3 & 7 > then Job 1:22

**Truth:** If Job and Jeremiah can talk to God that way, then you can be honest with God. It's okay to lament and openly hurt before God.

## 2. Recall the stories - talk honestly with others and God.

**Read:** Psalm 51 (*the psalm David wrote after sleeping with Bathsheba and killing her husband*) & Psalm 22 (*the Psalm that Jesus quoted on the cross - see his suffering in this story of lament*) & Lamentations 1 (*Jeremiah's recounting of the utter shame of Jerusalem after it's defeat*).

**Truth:** You can come to God and talk to him about the stories of hurt. Also, open up to others. Confess your sins, ask for prayer (not in a vague way, but in a real truthful way) and don't be afraid to tell your story.

God knows what you are going through, but recalling the stories helps you to recognize what you are going through. Sometimes we can be dishonest with ourselves. David justified his sin in his own heart until Nathan came and lovingly confronted him. Allow God to speak to your pain and others to hear the stories of your suffering. God will use your story to speak to you and others.

## 3. Refocus your hope on God's unmerited grace - the Gospel

**Read:** Ephesians 2:1-11 & Isaiah 53

**Truth:** Jesus is Immanuel, God With Us. He knows the pain we are feeling. He lost his father at a young age. He came to this earth and suffered more than we ever will. He did all this despite the fact that He didn't deserve to suffer. He willingly bore God's wrath that we deserve so that we might experience the unmerited mercy and grace of the Father. ***He got what we deserve, so that we could get what He deserves.***

## **Modern Songs of Lament:**

*You Were On the Cross* - Matt Maher  
*The Rivers of Babylon* - Matt Maher  
*Nowhere to Be Found* - Andy Gullahorn  
*Resurrection* - Andy Gullahorn  
*The Reckoning (How Long?)* - Andrew Peterson  
*The Dark Before the Dawn* - Andrew Peterson  
*The Rain Keeps Falling* - Andrew Peterson

## **Songs to Refocus:**

*Love's Not Done With You* - Jason Gray  
*Caught Me By Surprise* - Colony House  
*Wedding Dress* - Derek Webb  
*I Haven't Either* - Andy Gullahorn  
*Be Kind to Yourself* - Andrew Peterson

## **Cries of Lament & Responses from Scripture:**

### **1. Cry:** How long?

*(Numbers 14:11, Job 7:19, Psalm 4:2, 6:3, 13:1-2, 35:17, 74:10, 79:5, 90:13, 94:3, Habakkuk 1:2, Matthew 17:17, Revelation 6:10)*

**Response:** I will wait and trust in your salvation.

*(Genesis 49:18; Psalm 25:5, 27:14, 31:24, 33:20, 37:9, 39:7, 40:1, 52:9, 62:1-5, 130:5-6; Isaiah 8:17, 25:9; 33:2; 40:31, 64:4; Micah 7:1-7; Lamentations 3:25-26; Romans 8:19-23; Hebrews 9:28; Jude 1:21)*

### **2. Cry:** Is this Your wrath or is this Your discipline?

*(Psalm 6:1, 23:4, 38:1, 88:7, 89:46, 118:18; Proverbs 5:12)*

**Response:** I will trust in your covenant love. Your wrath toward my sin was poured out on Jesus. This is an opportunity for growth because You love me.

*(James 1:2-17; Proverbs 5:12; 1 Thessalonians 1:10; Hebrews 12:5-11; Revelation 3:19)*

### **3. Cry:** Do you hear me when I cry?

*(Psalm 5:2, 17:1, 39:12, 61:1, 69:3, 88:2, 102:1, 119:169, 130:1-2, 142:6)*

**Response:** Of course you do, I am the one who hasn't listened to you

*(Psalm 40:1, 66:19, 77:1; Micah 7:7; Proverbs 8:34; Ecclesiastes 5:1)*

**4. Cry:** Do you love me? Why have you forsaken me? Why do you hide?  
(*Psalm 10:1, 22:1, 38:1-14, Lamentations 3:1-18*)

**Response:** Your covenant love for me will never fail, it is not dependent on my goodness.  
(*Psalm 13:5, 17:7, 25:6-7, 33:18, 48:9, 52, 59:16-17, 86:5, 89, 100, 103; Job 10:12, Lamentations 3:22-26*)

**5. Cry:** I wish I had ever been born  
(*Job 3:1-13, Jeremiah 20:18*)

**Response:** You formed me in my mother's womb, you alone know why I am here.  
(*Jeremiah 1:4-8, Psalm 139, Job 31:15-18, Psalm 22:9-10*)

**6. Cry:** I have no joy, I have forgotten what happiness feels like  
(*Lamentations 3:17-18*)

**Response:** Restore to me the joy of your salvation  
(*Psalm 51:12*)

**7. Cry:** I remember when things were better, take me back to those days  
(*Psalm 143:5a, Lamentations 4*)

**Response:** I will remember all of the things that you have done for me, your grace  
(*Psalm 143:5b, Psalm 25:6-7*)

**8. Cry:** I don't know where to turn, how to do this  
(*Psalm 143:7, Lamentations 3:9*)

**Response:** I don't, but you do. I will trust you in all things and cling to your Word.  
(*Psalm 143:8, 25:4-21*)

## **Scriptures of Lament (*A Sample*)**

Psalm 6 - O Lord, Deliver My Life  
Psalm 10 - Why Do You Hide yourself?  
Psalm 13 - How Long, O Lord?  
Psalm 22 - Why Have You Forsaken Me?  
    **yet** > Psalm 23 - The Lord Is My Shepherd  
Psalm 31 - Into Your Hand I Commit My Spirit  
Psalm 38 - Do Not Forsake Me, O Lord  
    **yet** > Psalm 40 - My Help and My Deliverer  
Psalm 42 - Why Are You Cast Down, O My Soul?  
Psalm 51 - Create in Me a Clean Heart, O God  
Psalm 53 - There Is None Who Does Good  
    **yet** > Psalm 54 - The Lord Upholds My Life

Psalm 63 - My Soul Thirsts for You  
Psalm 69 - Save Me, O God (From My Enemies)  
Psalm 70 - O Lord, Do Not Delay  
Psalm 74 - Arise, O God, Defend Your Cause  
Psalm 82 - Rescue the Weak and Needy  
Psalm 88 - I Cry Out Day and Night Before You  
Psalm 102 - Do Not Hide Your Face from Me  
Psalm 109 - Help Me, O Lord My God  
Psalm 130 - My Soul Waits for the Lord  
Psalm 131 - I Have Calmed and Quieted My Soul  
Psalm 137 - How Shall We Sing the Lord's Song?  
Psalm 142 - You Are My Refuge  
Psalm 143 - My Soul Thirsts For You

Job 3 - Job Laments His Birth  
Job 7 - My Life Has No Hope  
Job 10 - A Plea to God  
Job 14 - Death Comes Soon to All

Lamentations 1 - How Lonely Sits the City  
Lamentations 3 - Great Is Your Faithfulness

Isaiah 53 - The Suffering Servant