

/ləˈment

Lessons From

Lament

1) (v. i.) To express or feel sorrow; to weep or wail; to mourn.

(2) (v. t.) To mourn for; to bemoan; to bewail. (3) (v.) Grief or sorrow

expressed in complaints or cries; lamentation; a wailing; a moaning; a weeping.

(4) (v.) An elegy or mournful ballad, or the like.



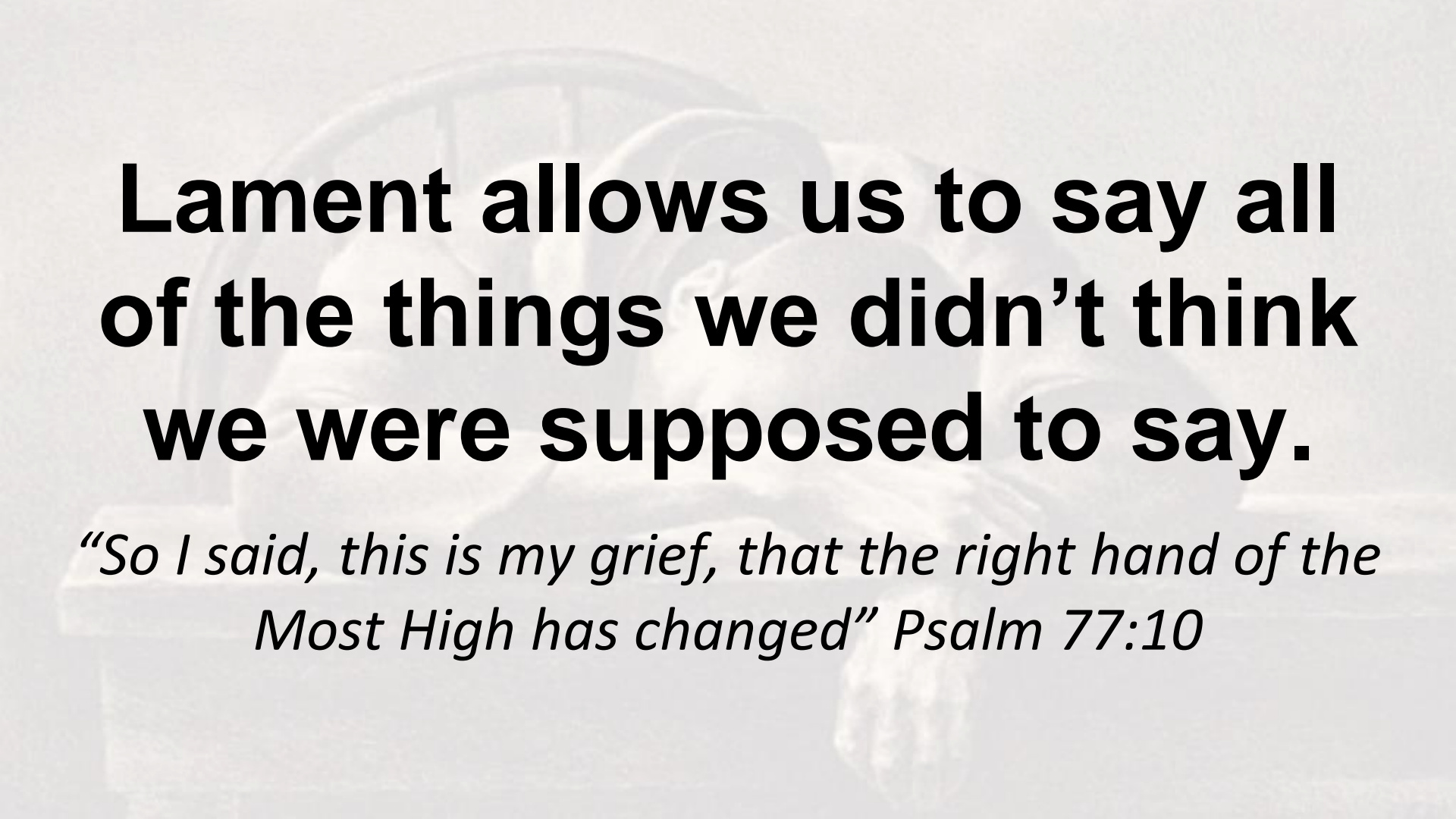
**“Lament is
a prayer
for help
coming out
of pain”**

-Michael Guinan

The First Lament?

Then the man and his wife heard the sound of the LORD God moving about in the orchard at the breezy time of the day, and they hid from the LORD God among the trees of the orchard. But the LORD God called to the man and said to him, “Where are you?”

Genesis 3:8-9



**Lament allows us to say all
of the things we didn't think
we were supposed to say.**

*"So I said, this is my grief, that the right hand of the
Most High has changed" Psalm 77:10*



I WISH
I WASN'T SCARED
OF CONFRONTATIONS

A word cloud featuring various negative emotions and states. The words are arranged in a roughly circular pattern, with some words appearing larger than others. The colors range from light tan to dark brown. The words include: questioning, longing, frustration, anger, exile, brokenness, sin, depression, loneliness, doubt, betrayal, anxiety, hurt, fear, stress, suffering, separation, bondage, ailments, darkness, defeat, pain, isolation, grief, loss, silence, and failure.

questioning longing
frustration anger exile brokenness
sin depression
loneliness doubt betrayal anxiety
hurt fear stress
suffering separation bondage
defeat pain ailments darkness
grief loss isolation
silence failure

Lament Remembers Who We Are to God.

“Incline Your ear, O Lord, and answer me; for I am afflicted and needy. Preserve my soul, for I am a godly man; O you, my God, save Your servant who Trusts in you.” Psalm 86:1-2

I WANT TO BE ABLE
TO LEAN ON
SOMEONE
WITHOUT
FEELING LIKE A
BURDEN OR A FRAUD.
I JUST WANT TO BE
ABLE TO ACCEPT
COMFORT.



Lament Remembers Who God Is and What He is Like.

“Because of the LORD’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”

Lamentation 3:22-23



THE PROBLEM IS
I DON'T KNOW WHAT
FULFILLS ME.

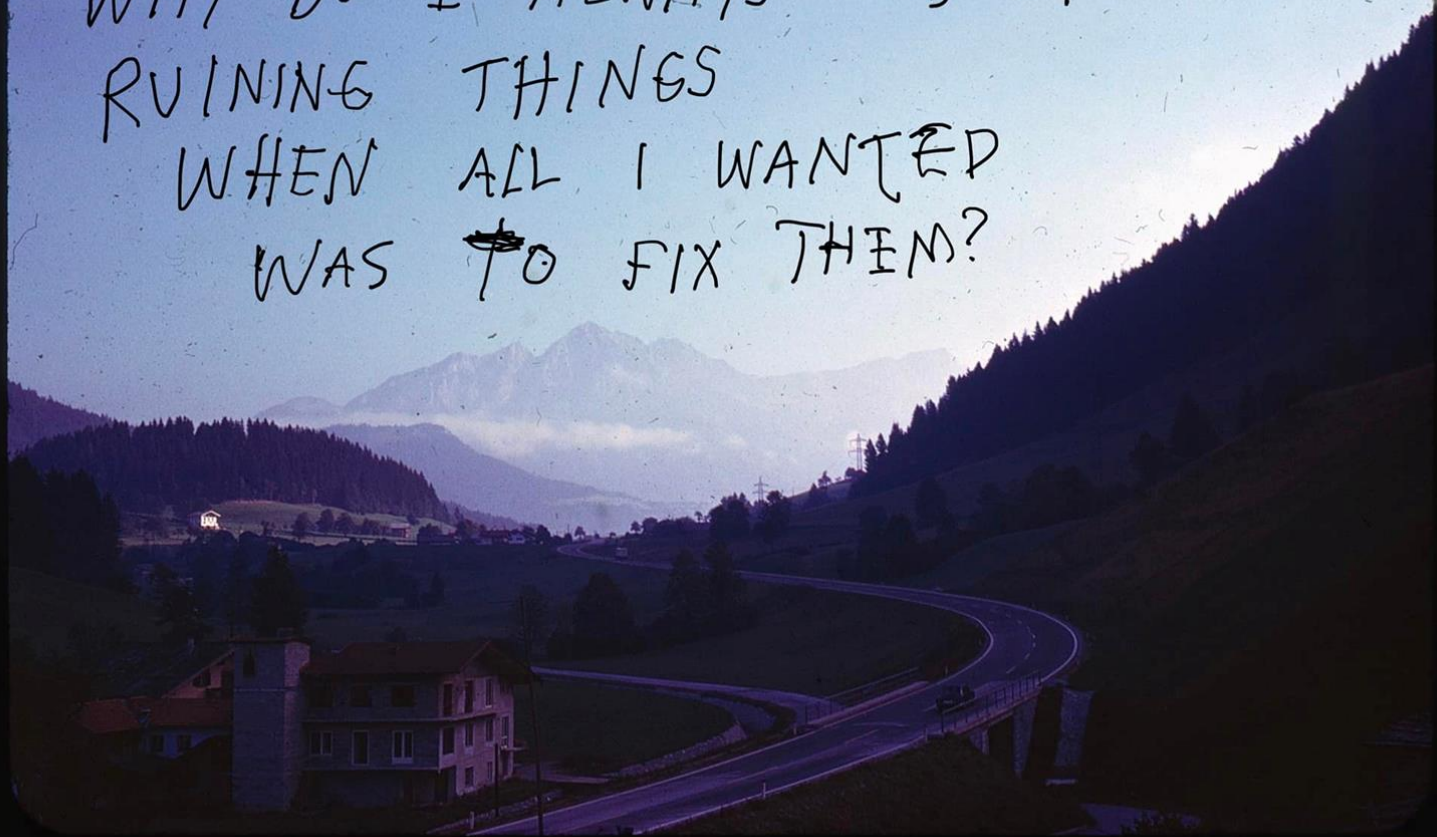


When they speak of fear and hope, they use such words that no painter could so depict for your fear or hope, and no Cicero or other orator has so portrayed them. And that they speak these words to God and with God, this I repeat, is the best thing of all. This gives the words double earnestness and life” -Martin Luther

Lament Remembers What God Has Done.

*“I shall remember the deeds of the LORD; I will certainly
remember Your wonders of old. I will meditate on all Your work,
And on Your deeds with thanksgiving. Your way, God, is holy;
What god is great like our God?” Psalm 77:11-13*

WHY DO I ALWAYS END UP
RUINING THINGS
WHEN ALL I WANTED
WAS ~~TO~~ TO FIX THEM?



Lament Remembers Sin.

“Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.” James 4:8-9

I SAY SORRY EVEN AT
THE SMALLEST MISTAKES
I MAKE.



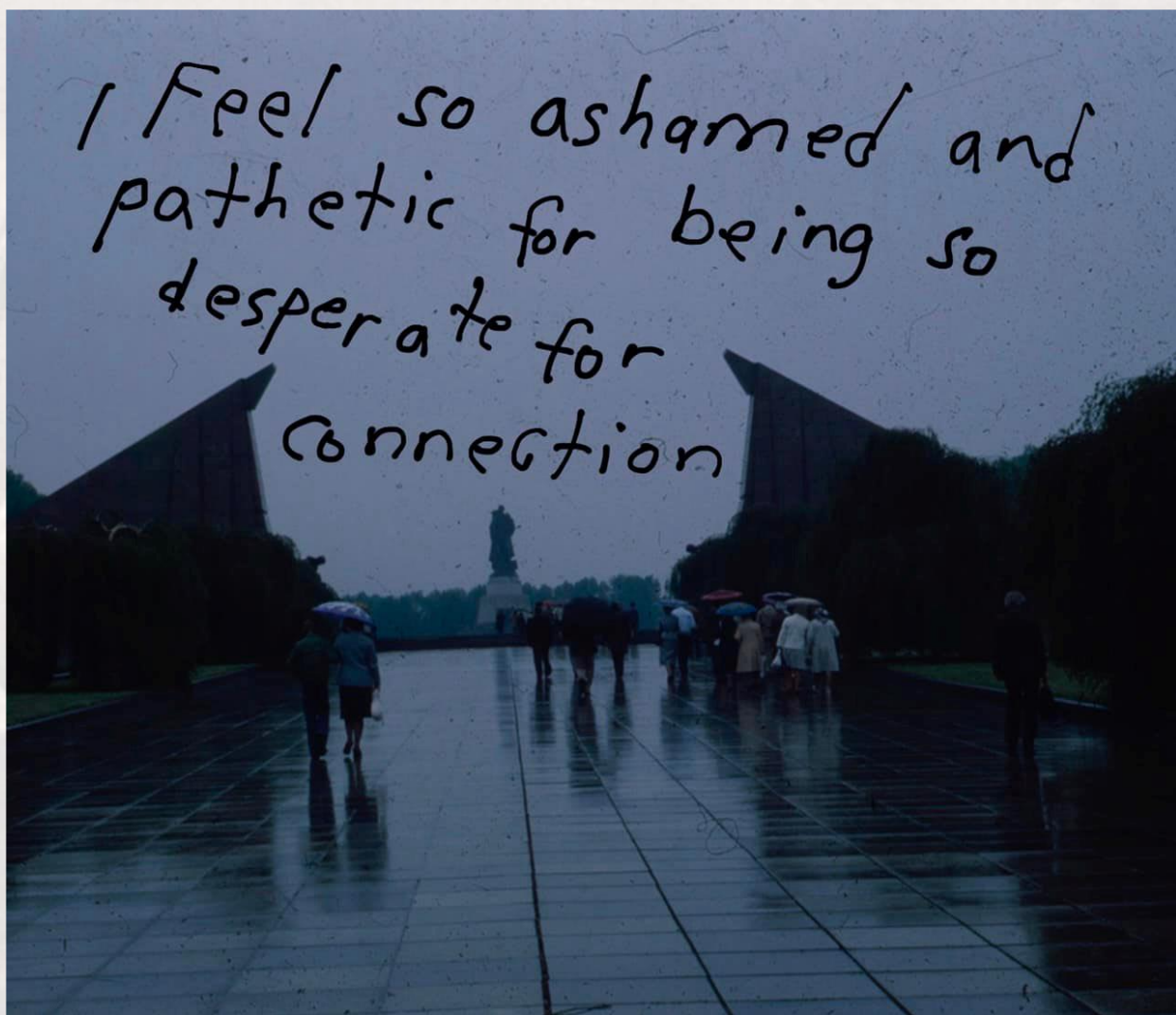
A faint, grayscale background image of a person sitting in a wheelchair, with their head bowed in a gesture of prayer or grief. The person's hands are clasped in their lap. The image is semi-transparent, allowing the text to be clearly visible over it.

Lament Reestablishes Our Relationship with God.

*“The LORD is near to the brokenhearted
and saves the crushed in spirit.”*

Psalm 34:18

I Feel so ashamed and
pathetic for being so
desperate for
connection





**“No single word
that a desperate
and trusting soul
cries out to God
will be lost in His
eternity.”**

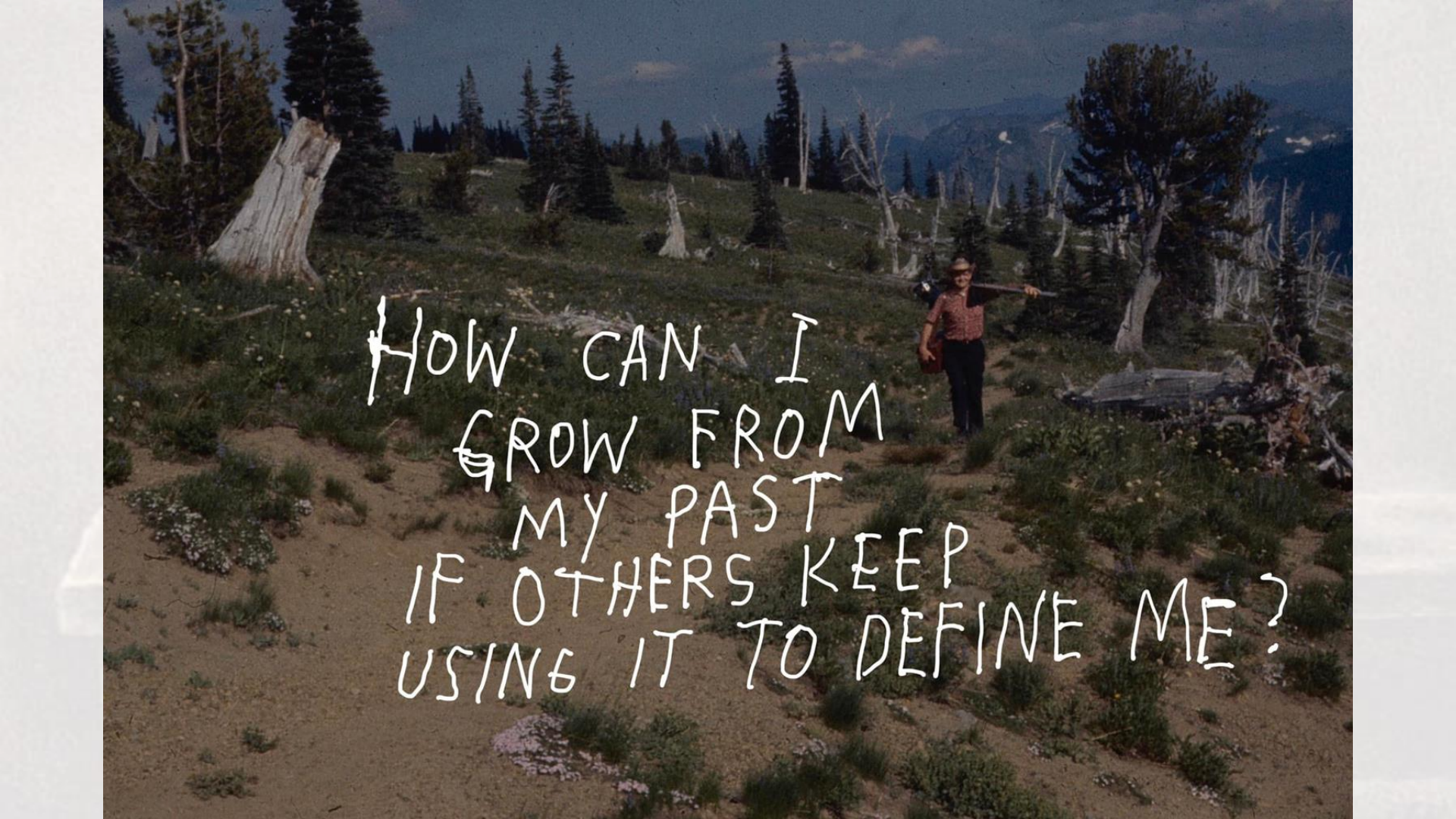
-Helmut Thielcke



Lament Recounts God's Promises To Us.

“But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the LORD, because he has dealt bountifully with me.”

Psalm 13:5-6

A photograph of a person standing in a forest clearing. The person is wearing a red shirt, dark pants, and a hat, and is holding a long stick or staff. They are standing next to a large, weathered tree stump. The background shows a dense forest of evergreen trees and a mountain range in the distance. The sky is blue with some clouds. The text is written in white, hand-drawn capital letters over the image.

HOW CAN I
GROW FROM
MY PAST
IF OTHERS KEEP
USING IT TO DEFINE ME?



Lament Recognizes the Pain of Others.

“Do not forget the life of Your afflicted forever.”

Psalm 74:19

I JUST WANT
TO BE
UNDERSTOOD
BY THE
PEOPLE
I LOVE,
I DON'T
CARE
ABOUT
THE REST.





**“The mind can descend
far lower than the body,
for in it there are
bottomless pits. The flesh
can bear only a certain
number of wounds and no
more, but the soul can
bleed in ten thousand
ways and die over and
over each hour”
-Charles Spurgeon**

Lament Restores a Heart of Praise.

“Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.”

Psalms 42:5-6

A photograph of a person from behind, looking out over a calm lake that reflects a snow-capped mountain range. The scene is framed by dark evergreen trees on either side. Handwritten white text is overlaid on the image.

SOME PEOPLE CRY
NOT BECAUSE THEY ARE
WEAK

BUT BECAUSE THEY
HAVE BEEN STRONG
FOR TOO LONG.

Lament Reclaims What Grief Has Taken.

*“Do not rejoice over me, my enemy,
though I fall, I shall rise. Though I sit in
darkness, the Lord will be my light.”*

Micah 7:8

A photograph of a person sitting on a bed in a hospital room. The person is wearing a white hospital gown and is positioned in the center-left of the frame. They are sitting on a bed covered with a blue and white floral patterned blanket. In the background, there is a wire mesh chair, a lamp with a beige shade, and a wall with a light-colored floral pattern. A blue curtain is visible on the left side of the frame. The text is overlaid on the right side of the image, written in a dark, hand-drawn style.

I PROMISE
YOU, I'M
BETTER THAN
THIS.
PLEASE JUST
LET ME
HEAL.

Lament is Possible because of Christ

*“He was despised and rejected, a man of sorrows
acquainted with deepest grief. . . Yet it was our
weakness He carried, It was our Sorrow that
weighed Him down.” Isaiah 53:3-4*

OFTEN TIMES, I BELIEVE
I WAS JUST NOT BUILT PROPERLY
FOR THIS WORLD.
ENTIRELY TOO FRAGILE
FOR THIS PLACE.





**“It is an
unspeakable
consolation that
our Lord Jesus
knows this
experience.”**

-Charles Spurgeon

The Last Lament?

***My God, My
God, Why have
you Forsaken
me?***

Psalm 22 and Matthew 27



“What reason have we, except our own desperate wishes, to believe that God is, by any standard we can conceive, ‘good’? Doesn’t all the evidence suggest exactly the opposite? What have we to set against it? We set Christ against it.” -CS Lewis