

## PSALMS OF LAMENT

- Laments were written during times of hurt, alienation, suffering, and loss, giving voice to doubts, rage, and despair.
- Laments provide a language for pain, so that the reality of the loss and the pain from that loss can be addressed.
- A prayer of lament is born from our desperation and in some cases, the perceived absence of God.
- Lament is prayer, an act of worship.

### **Uncensored lament to God is part of our path to healing.**

- Every loss in life deserves an appropriate season of grieving

## CHARACTERISTICS OF LAMENT

- **Lament to God**

Be honest with God, lament with great emotion — allowing it to come up and out. It is not a sin to question, grieve, despair or express frustration to God. It is, however, a sin to refuse to take these things to God.

- **Feeling-Centered** (language 1)

Unsophisticated, unedited, raw, real, honest language. It's what you say inside your head that you do not want to reveal to others.

You don't need to sugar coat it.

God prefers us to tell Him what is really inside us even if it includes disappointment or anger with Him.

- **Uncensored**

Do not censor— the moment you edit or censor you leave the grief.

Do not curse yourself or others, nor make a negative inner vow ("I will never get close to anyone again")

- **Conclusion**

Declare truth and trust in the Lord in the midst of your pain (doxology/Psalm 13)

## LEARNING TO WRITE A LAMENT

### **Key Question: What Should I Lament?**

- **Ask the Holy Spirit...**

Where am I still holding pain?

What un-grieved loss is most in the way of my healing?

### **Pour your heart out to the Lord, as you address these (4) issues**

**1.** Describe to the Lord the **details of what happened** to you.

**2.** Tell the **Lord how you felt** while this was happening to you.

**3.** Tell the Lord **what you believed** as a result of this happening (about God, yourself, others).

**4.** Tell the Lord **how you reacted** as a result of this happening.

### **Guidelines for Grieving:**

- Be responsible; keep healthy boundaries; do not harm yourself, others or property.

**Lament Psalms:** 3, 5, 6,7, 10, 13, 14, 16, 17, 22, 25, 26, 27:7-14, 28, 31, 35, 36, 38, 39, 40:12-17, 41, 42-43, 51, 52, 53, 54, 55, 56, 57, 58, 59, 61, 63, 64, 69, 71, 77, 86, 88, 90, 94, 102, 109, 120, 123, 126, 129, 130, 140, 141, 142, and 143.

**Doxology:** The prayer of lament gives way to an emotional release, and turns into a blessing.