

— LAMENT —

**WOMEN'S DISCIPLESHIP COHORT
MARANATHA COMMUNITY CHURCH**

WHAT IS LAMENT?

- What words or ideas do we associate with lament?
- Write a definition of lament in the space below.
- Draw a picture of what lament looks like or imagine a picture of lament in your mind and use your words to describe that scene.
- How does godly lament look different from the grieving and mourning we see in the world?

What Lament Is... (Taken from *Dark Clouds, Deep Mercy* by Mark Vroegop)

- Lament is how you live between the poles of a hard life and trust in God's sovereignty.
- Lament is how Christians grieve.
- Lament is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God's goodness.
- Lament is a prayer in pain that leads to trust.
- Lament is the path from heartbreak to hope.
- Lament is the song you sing believing that one day God will answer and restore.
- Lament is humbly turning to God through the pain.
- Lament is a prayer that leads us through personal sorrow and difficult questions into the truth that anchors our souls.
- Lament is how you live between the poles of a hard life and God's goodness.
- Lament is how those who know what God is like and believe in him address their pain.
- Lament is the language of a people who believe in God's sovereignty but live in a world of tragedy.
- Lament is an expansive prayer language that can be a companion through a wide spectrum of struggles and challenges.
- Lament is the language that moves us from pain to worship, from suffering to trust, from complaint to confidence in God.
- Lament is how we make our way through the pains of life while clinging to the hope of the gospel.
- Lament is designed to lead us toward decisive, faith-filled worship.
- Lament is the song we sing while living in a world that is under the curse of sin.
- Lament is the language of those stumbling in their journey to find mercy in dark clouds.
- Lament is a prayer of faith despite your fear.
- Lament is the opportunity to express the sorrow we feel while also anchoring our hearts in the truth we believe.
- Lament is the language that moves us from our sorrow toward the truth of God's promises.
- Lament is the language that calls us, as exiles, to uncurl our fingers from our objects of trust.
- Lament is turning to God in grief, not your closest relationships, and certainly not to yourself.
- Lament is the song you sing when divine blessing seems far away.
- Lament is the prayer language that tells us where to look and whom to trust when pain and uncertainty hang in the air we breathe.
- Lament is the language of a people who know the whole gospel story.
- Lament is a prayer when grief of any kind becomes a part of our life.
- Lament is a language for loss—a historic language for hurting Christians.
- Lament is the personal song that expresses our grief while embracing God's goodness.
- Lament is the language of loss as we grieve together.
- Lament is the song we sing the space between pain and promise.
- Lament is how we tunnel our way to truth amid sorrow.
- Lament is the language of waiting for God's justice to be accomplished.
- Lament is our song for this journey.

WHY IS IT IMPORTANT?

How our lament provides and protects.

- [illegible]

Following the path of Christ.

- What do we learn from how Jesus laments in Matthew 26:36-46?

HOW DO WE LAMENT?

THE STEPS OF LAMENT

1. **TURN** — Turn our hearts to God in prayer
2. **COMPLAIN** — Clearly present the reasons behind our sorrow
3. **ASK** — Boldly ask God to do something in the situation
4. **TRUST** — Choose to renew our trust in God and praise him again

PSALM 77

In the Day of Trouble I Seek the Lord

To The Choirmaster: According To Jeduthun.

A Psalm Of Asaph.

I cry aloud to God,

aloud to God, and he will hear me.

² *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.

³ *When I remember God, I moan;*

when I meditate, my spirit faints. Selah

⁴ *You hold my eyelids open;*

I am so troubled that I cannot speak.

⁵ *I consider the days of old,*

the years long ago.

⁶ *I said, "Let me remember my song in the night;*

let me meditate in my heart."

Then my spirit made a diligent search:

⁷ *"Will the Lord spurn forever,*

and never again be favorable?

⁸ *Has his steadfast love forever ceased?*

Are his promises at an end for all time?

⁹ *Has God forgotten to be gracious?*

Has he in anger shut up his compassion?" Selah

¹⁰ *Then I said, "I will appeal to this,*

to the years of the right hand of the Most High."

¹¹ *I will remember the deeds of the LORD;*

yes, I will remember your wonders of old.

¹² *I will ponder all your work,*

and meditate on your mighty deeds.

¹³ *Your way, O God, is holy.*

What god is great like our God?

¹⁴ *You are the God who works wonders;*

*you have made known your might among the
peoples.*

¹⁵ *You with your arm redeemed your people,*

the children of Jacob and Joseph. Selah

¹⁶ *When the waters saw you, O God,*

when the waters saw you, they were afraid;

indeed, the deep trembled.

¹⁷ *The clouds poured out water;*

the skies gave forth thunder;

your arrows flashed on every side.

¹⁸ *The crash of your thunder was in the whirlwind;*

your lightnings lighted up the world;

the earth trembled and shook.

¹⁹ *Your way was through the sea,*

your path through the great waters;

yet your footprints were unseen.

²⁰ *You led your people like a flock*

by the hand of Moses and Aaron.

PSALM 77

Turn — (v. 1-3)

- How do these three verses portray Asaph's commitment to prayer?
- What do we learn about Asaph's faith from these verses?
- How do these three verses describe Asaph's struggle in prayer?

Complain and Ask — (v. 4-9)

- What is Asaph expressing in verse 4?
- What do you think is significant about verse 5?
- What does he ask for in verse 6?
- What extreme or absolute language do we see Asaph expressing in verses 7-9?

- In verses 7-9, what requests or desires exist behind each question?

Trust — (v. 10-20)

- What do you think Asaph means in verse 10?
- Verses 10-12 paint an active picture of trust. What things does Asaph say he will do? Specifically, what verbs does he use?
- How do these actions differ from one another and build on one another?
- What aspects of God does Asaph say he looks to in verses 10-12?
- In verses 13-20, he states what is true about God. How do the truths mentioned speak to his questions in verses 7-9?

OPTIONAL AT-HOME WORK

What types of things should I be lamenting over?

- World — What are some examples of brokenness and sin in the world that you should be lamenting over as a Christian?
- Corporate — What are some ways you might be called to lament alongside others in our community?
- Individual — What are examples of grief, heartbreak, and loss in your own life that you can bring to God through lament?

TURN — Turn our hearts to God in prayer

- What things help you turn to God in prayer during hardship?
- What things keep you from prayer?

COMPLAIN — Clearly present the reasons behind our sorrow

- In what ways are you reluctant to voice your complaints to God?
- What spiritual health could come from biblically complaining?
- What complaints have you been avoiding bringing to God?

ASK — Boldly ask God to do something in the situation

- Why is it important to move from complaint to request? What are the dangers of stopping the process at complaint?
- How can you focus your requests on the character of God and his promises?
- Based on the complaints you listed above, what bold requests do you need to bring before God?

TRUST — Choose to renew our trust in God and praise him again

- Why is it important for you to move into the final step of trust? What are the dangers of stopping the process early?
- What would it look like for you to think about trust as “active patience”?
- What truths of God’s covenantal love and faithfulness can you rely on while you wait?

WRITING A LAMENT PRAYER

- Write a prayer of lament below, using the four steps: 1) turn, 2) complain, 3) ask, and 4) trust.
This prayer can focus on grief, pain, and brokenness in the world, our corporate body, or your life individually.