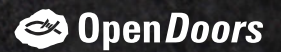


Biblical Lament



Lament verses, found primarily in the Psalms and Lamentations, are expressions of grief, pain, and frustration, often directed towards God, seeking comfort and justice. They are a way to acknowledge suffering and cling to faith even in difficult times.

Jesus Himself expressed lament on several occasions, most notably over Jerusalem: "O Jerusalem, Jerusalem, who kills the prophets and stones those sent to her, how often I have longed to gather your children together as a hen gathers her chicks under her wings, but you were unwilling!" (Matt 23:37). His cry from the cross: "My God, My God, why have You forsaken Me?" (Matt 27:46), echoes the lament of Psalm 22, highlighting the depth of His suffering and identification with human anguish.*

*Source: Biblehub.com



How to lament

Address God

Start by speaking to God, acknowledging who He is, His presence and authority.

Express your pain and suffering

Honestly and openly share the pain, hurt or injustice you're experiencing or witnessing. Express how you're feeling to Him.

Ask God for help

Ask God for His divine intervention, healing or justice. State your needs and desires.

Express your trust in God

Even in the midst of the pain, express your trust in God and His faithfulness, while remembering His past blessings and intervention in your life and situations you have witnessed.

Praise God

Despite the darkness of lamenting, conclude with praise, acknowledging God's character, power and promises.

Pray the below verses of lamentation leading up to the start of our Time of Lament:

Week 1 "Lord, you are the God who saves me; day and night I cry out to you. May my prayer come before you; turn your ear to my cry." Psalm 88:1-2

Week 2 "All my longings lie open before you, Lord: my sighing is not hidden from you. My heart pounds, my strength fails me; even the light has gone from my eyes. My friends and companions avoid me because of my wounds; my neighbours stay far away." Psalm 38:9-11

Week 3 "For no one is cast off by the Lord for ever. Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to anyone." Lamentations 3:31-33

Week 4 "Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. By day the Lord directs his love, at night his song is with me – a prayer to the God of my life." Psalm 42:7-8