



Waiting in the Midst of Lament

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Lament is the expression and language of suffering toward God that is uncensored.

Break my enemies' jaws and shatter their teeth. Psalm 3:7b (CEV)

How lonely sits the city that was full of people! She has become a widow who was once great among the nations! Lamentations 1:1a (NASB)

O Lord, how long will you forget me? Forever? How long will you look the other way? Psalm 13:1 (NLT)

3 Ways to Regain the Life Skill of Lament:

1. Learn the language of lament

At last Job spoke... Job 3:1a (NLT)

2. Learn to linger in lament

My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! Why am I discouraged? Why is my heart so sad? Psalm 42:4-5a (NLT)

To only have a theology of celebration at the cost of the theology of suffering is incomplete. —Soong-Chan Rah

If praise is the language of celebration then lament is the language of suffering. —Walter Brueggemann

3. Learn to live with lament

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Saviour and my God! Now I am deeply discouraged, but I will remember you. Psalm 42:5-6a (NLT)

Doubt is not opposed to faith; despair is.

Worship in its purest form doesn't happen when everything comes perfectly together; it's most powerful when everything is falling apart.

—Katherine Wolf

Discussion Questions:

1. Did you sense some liberation in feelings of lament today? Why or why not?
2. What do you need to have lament for in this moment?
3. What would you ask God to do, based on his character, and then leave it with him?