

# Lament

## Psalm 142

We strive to be a \_\_\_\_\_

The fundamental requirement of the church:

The Greatest Commandments

love \_\_\_\_\_ with our whole being Mark 12:29-31

Worship and \_\_\_\_\_

love our \_\_\_\_\_ as ourselves

Romans 12:15-16; Isaiah 1:17

that is \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

Genuine top-to-bottom \_\_\_\_\_

the people\_\_ of many nation\_\_

“If one part \_\_\_\_\_, every part \_\_\_\_\_ with it.” 1 Corinthians 12:26

### Lament

A model for how to process deeply \_\_\_\_\_ times

A model for how to express our \_\_\_\_\_ to God while also looking to God for \_\_\_\_\_

It helps us \_\_\_\_\_ with hope

For some of us, these days are troubling beyond \_\_\_\_\_

For others of us, the first step in love is to \_\_\_\_\_ well and join the lament

### Psalm 142

1-2: God invites us to \_\_\_\_\_ to Him in our troubles

3-4: God invites us to \_\_\_\_\_ our troubles

5-7: God invites us to tell Him what we \_\_\_\_\_ to do

7: We must then trust that God has \_\_\_\_\_ and that He will \_\_\_\_\_

### The Big Idea:

**God invites us to \_\_\_\_\_ to Him  
when we are in trouble**

1. telling Him our \_\_\_\_\_
2. and telling Him what we \_\_\_\_\_ Him to do
3. then trusting that He has \_\_\_\_\_ and that He will \_\_\_\_\_

### Application:

When \_\_\_\_\_ are in trouble

\_\_\_\_\_ out to God

1. Tell Him our troubles
2. Tell Him what we \_\_\_\_\_ Him to do
3. Trust that He has \_\_\_\_\_ and He will \_\_\_\_\_

Write a psalm, a song, a poem, or use someone else's

Record your thoughts or write a letter to God

Paint a painting, create a dance

Tell a very close friend who will listen with compassion

Cry with another

When our \_\_\_\_\_ or \_\_\_\_\_ are in trouble

\_\_\_\_\_ them in crying out to God

\_\_\_\_\_ with compassion and generosity

Hear their \_\_\_\_\_

Hear their story from their \_\_\_\_\_

Be discerning about the time to take \_\_\_\_\_ or give \_\_\_\_\_

### Reflection Questions

- What is troubling your heart today?
- What helps you lament? That is, what is a good way for you to tell God your troubles, tell Him what you need Him to do, and then trust that He has heard and He has helped?
- Is there someone you can share that lament with?
- Who in your life or in your community is deeply troubled today? How can you help them lament?
- When the time is right, what actions can you take so circle around and support those who are in deep trouble?