

**Lament**  
**June 5, 2022**

Lament is... passionate expression of grief or sorrow expressed to God with growing hope in Him

Come, let us bow down in worship,  
let us kneel before the Lord our Maker;  
for he is our God  
and we are the people of his pasture,  
the flock under his care.

*Psalm 95:6-7*

Listen to my words, Lord,  
consider my lament.  
Hear my cry for help,  
my King and my God,  
for to you I pray.  
In the morning, Lord, you hear my voice;  
in the morning I lay my requests before you  
and wait expectantly.

*Psalm 5:1-3*

**I Will Wait for You**

Lord, from the depths, I call to you, Lord hear me from on high  
And give attention to my voice, when I, for mercy cry.

Out of the depths I cry to You, in darkest places I will call.  
Incline Your ear to me anew, and hear my cry for mercy, Lord.

I will wait for You, I will wait for You, on Your word I will rely.  
I will wait for You, surely wait for You till my soul is satisfied.

Were You to count my sinful ways, how could I come before Your throne?  
Yet, full forgiveness meets my gaze, I stand redeemed by grace alone.

So put Your hope in God alone, take courage in His power to save,  
completely and forever won by Christ emerging from the grave.

Now He has come to make a way, and God Himself has paid the price,  
that all who trust in Him today find healing in His sacrifice.

I wait—my soul waits for the Lord My hope is in His Word  
More than the watchman waits for dawn My soul waits for the Lord

“In her deep anguish Hannah prayed to the Lord, weeping bitterly. And she made a vow, saying, ‘Lord Almighty, if you will only look on your servant’s misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head.’”

*1 Samuel 1:10-11*

*A song of a man who felt the rejection of God.*

“From my youth I have suffered and been close to death; I have borne your terrors and am in despair. Your wrath has swept over me; your terrors have destroyed me. All day long they surround me like a flood; they have completely engulfed me. You have taken from me friend and neighbor— darkness is my closest friend.”

*Psalm 88:15-18*

*Jesus went to a pool where many disabled people were.*

One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, ‘Do you want to get well?’ ‘Sir,’ the invalid replied, ‘I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.’

*John 5:5-7*

“Hear my cry, O God;  
listen to my prayer.  
From the ends of the earth I call to you,  
I call as my heart grows faint;  
lead me to the rock that is higher than I.”

*Psalm 61:1-2*

*Job was a man who suffered unspeakable loss of property, family, and health, despite his sincere efforts to trust and obey God. And he prayed:*

“When I hoped for good, evil came; when I looked for light, then came darkness. The churning inside me never stops; days of suffering confront me. I go about blackened, but not by the sun; I stand up in the assembly and cry for help. I have become a brother of jackals, a companion of owls. My skin grows black and peels; my body burns with fever. My lyre is tuned to mourning, and my pipe to the sound of wailing.”

*Job 30:26-31*

*David was in anguish because a close friend attacked him. He said:*

If an enemy were insulting me, I could endure it;  
if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship at the house of God, as we walked about among the worshipers. My companion attacks his friends; he violates his covenant. His talk is smooth as butter, yet war is in his heart; his words are more soothing than oil, yet they are drawn swords.

*Psalm 55:12-14, 20-21*

### **Possible next steps**

- Find someone to listen and pray
  - Reach out to people you know
  - Be in touch with Pastor John if you need help making a connection
- Professional counseling
  - Be in touch with Pastor John if you need help making a connection
- Suicide prevention: <https://suicidepreventionlifeline.org>
  - 800-273-8255
  - Reach out to people you know, or members of our Board, or to Pastor John