

THE BLESSING OF LAMENT

A Lament Psalm is a poem or hymn expressing human struggles to the Lord and making a request for his help. Scholars think that perhaps up to two-thirds of the collection of Psalms are lament psalms. Here are some examples:

- Psalm 6** *Be gracious to me, Lord, for I am languishing; O Lord, heal me, for my bones are shaking with terror."*
- Psalm 10** *Why, Lord, do you stand far off? Why do you hide yourself in times of trouble?*
- Psalm 13** *How long, Lord? Will you forget me forever? How long will you hide your face from me?*
- Psalm 22** *"My God, my God, why have you forsaken me?"*

What makes up a Lament Psalm?

1. A Lament is a Form of **PRAISE**

But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord's praise, for he has been good to me. Psalm 13.5-6

God, You are King...and you hear the cries of your afflicted ones.
Psalm 10.16-17

2. A Lament is a Plea for God **TO ACT**

...the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.
Romans 8.26-27

3. A Lament Verifies our **RELATIONSHIP WITH GOD**

4. A Lament is Participation in the **PAIN OF OTHERS**

Carry each other's burdens, and in this way you will fulfill the law of Christ.
Galatians 6.2

5. A Lament Clings to the Promise that There is **ALWAYS HOPE**

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Psalm 42.5

How can we Lament?

- Regularly read lament psalms 10, 13, 22, 42, 77 (google 'lament psalm')
- Write your own lament psalms. Being honest with God about your feelings.
- Do a prayer walk offering prayers of lament as you go.
- Read through a lament psalm finding as many attributes of God as possible. Then, pray them back to the Lord and thank Him for who He is in the midst of your pain.

Love God, Love Others, Learn Jesus, DO SOMETHING!

Today's sermon can be found on our website beaverdambaptist.org