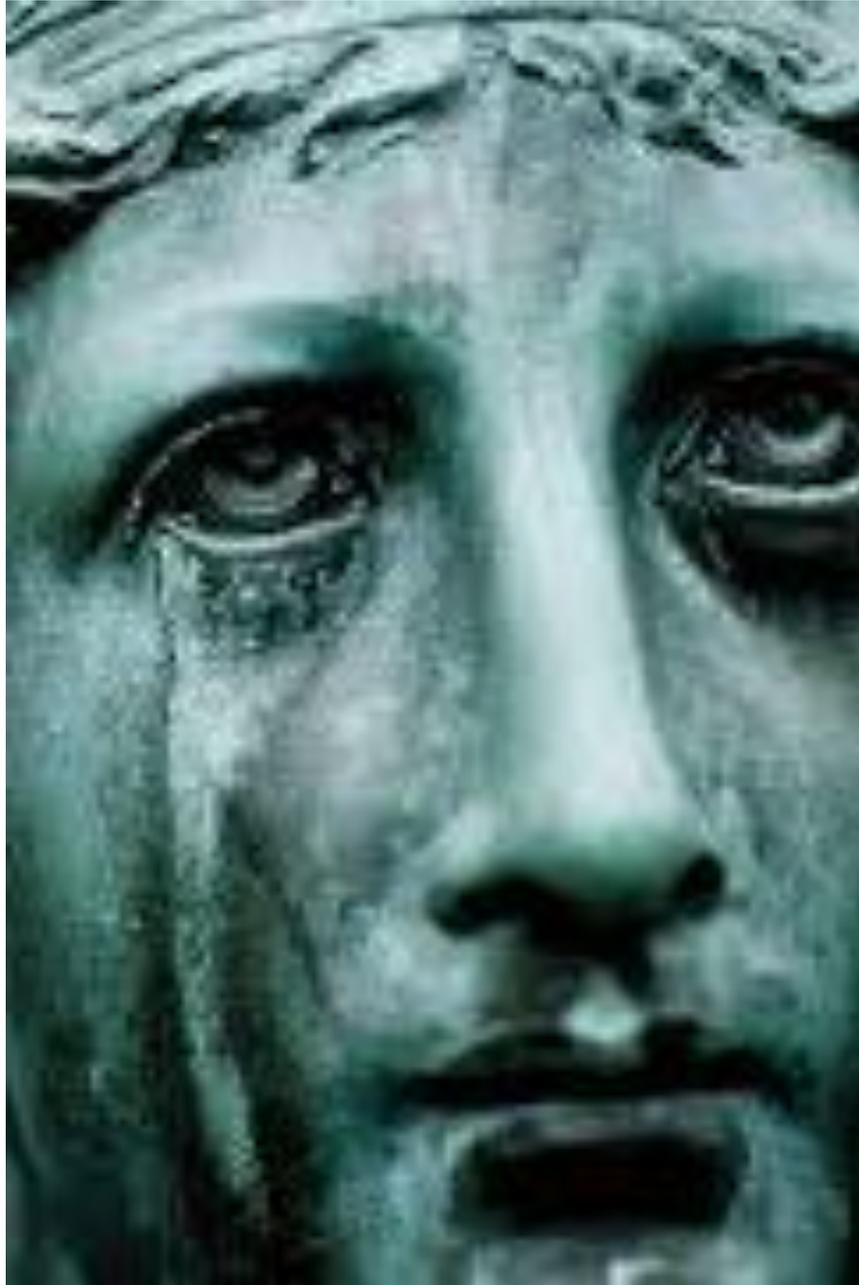


Prayers of Lament



Prayers of Lament

1. Turn to God
2. Complaint
3. Ask/Request/Petition
4. Trust in Him



Turn to God

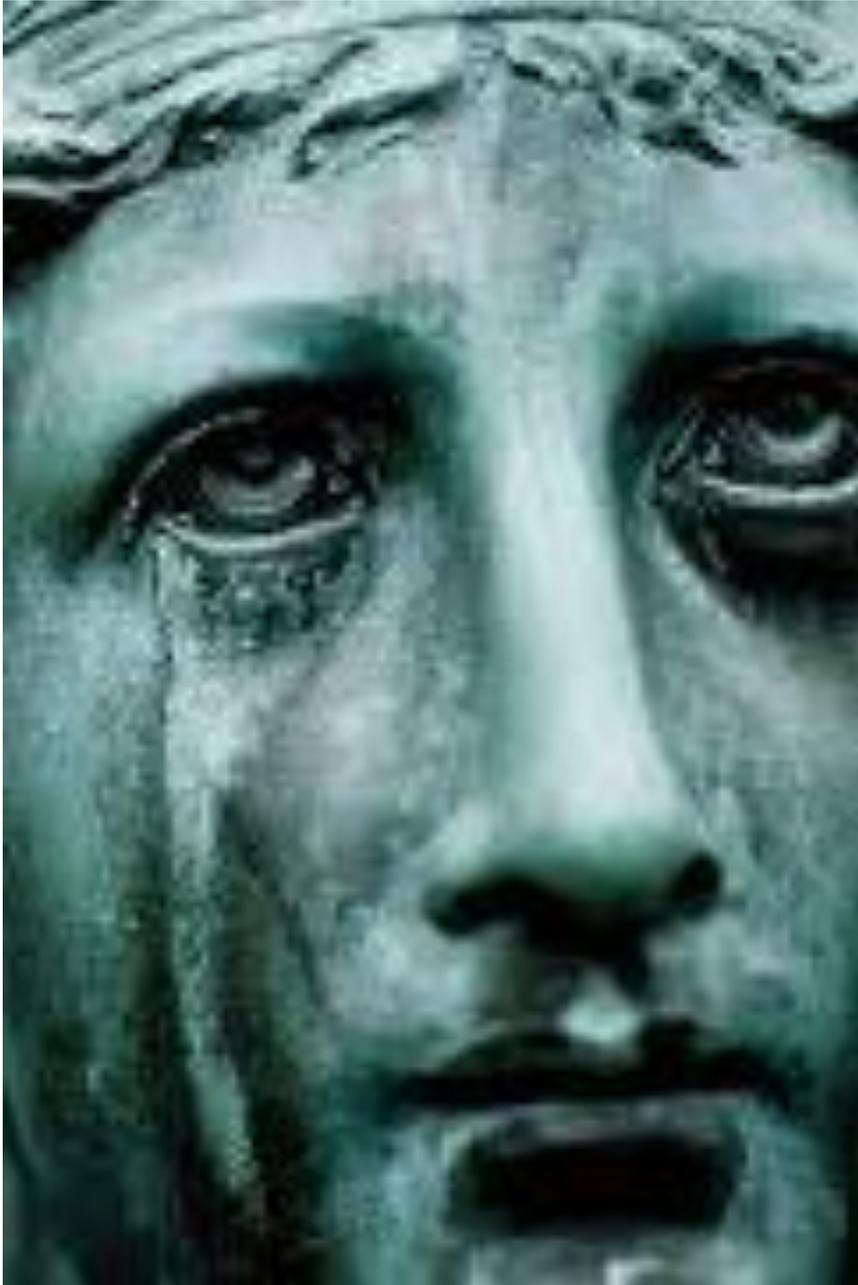
Psalm 77:1 “In you, Lord, I take refuge. Never let me be disappointed.”

Psalm 28:1-2 “To you, Lord, I call. My rock, do not be deaf to me; lest, if you are silent to me, I would become like those who go down into the pit.”

Psalm 5:3 “Lord, in the morning you shall hear my voice. In the morning I will lay my requests before you, and watch.”

Psalm 130:1 “Out of the depths I have cried to you. Lord. Lord, hear my voice. Let your ears be attentive to the voice of my petitions.”

Psalm 123:1 “To you I do lift up my eyes, you who sit in the heavens.”



Complaint

1. Questions of: Why, How, Where
2. How long.....
3. Why are you hiding.....
4. Why do we see (name the evil, sorrow, pain, affliction, suffering, etc.) in this world?
5. Did you forget.....
6. You are _____ why do we see _____

“A lament honestly and specifically names a situation or circumstance that is painful, wrong, or unjust – in others words, a circumstance that does not align with God’s character and therefore does not make sense within God’s kingdom.” – Stacey Gleddiesmith

Welcome to Breakout Room #1 – Prayer of Lament: Complaint

While you are waiting you are invited to participate in this breakout session in the following ways:

Reflect: Honestly, humbly and with sincere struggle reflect on your complaint before God.

You can look at the following passages as you reflect:

Psalm 10:1-4

Psalm 13:1-2

Psalm 35:17

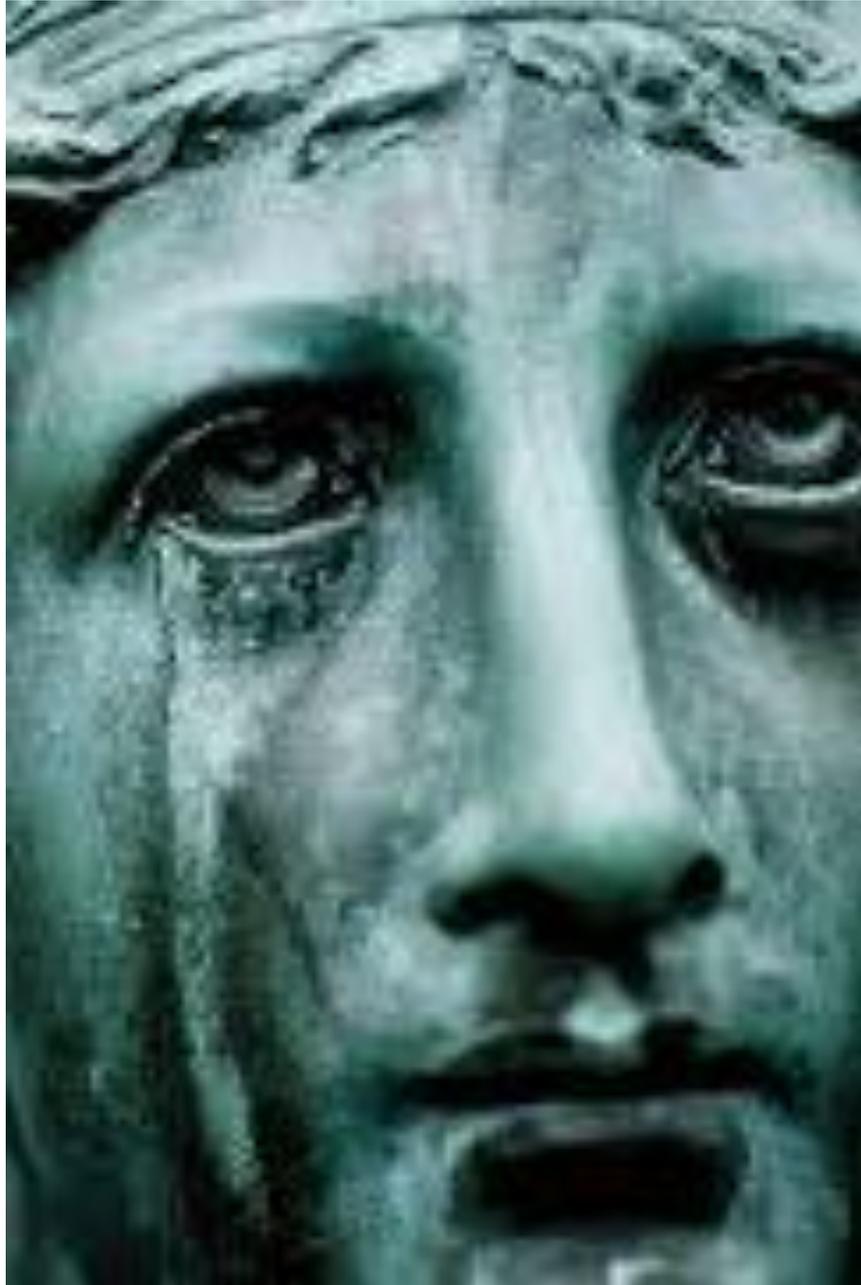
Psalm 77:7-10

Psalm 88:14

Write: In light of your situation, the situation of a friend, or the world situation what **complaint** would you like to present to God? Write it down.

Send: You can send your **complaint** to Norris Ham via WhatsApp. He will add it to the church Prayer of Lament. It will not be identified as from a specific person.

Listen and wait: Listen to the music of Lament and prayerfully wait for the rest of the church family to join you again.



Ask/Request/Petition

1. Arise, O Lord....
2. Grant us help....
3. Remember your covenant....
4. Let justice be done.....
5. Don't remember our sins.....
6. Restore us.....
7. Don't be silent....
8. Teach me.....
9. Vindicate me.....

Welcome to Breakout Room #2 – Prayer of Lament: Ask

While you are waiting you are invited to participate in this breakout session in the following ways:

Reflect: What would you like to ask God to do in your situation or the world situation? Some of the ways the Psalmist begins his request to God are:

Arise, O Lord....

Remember your covenant....

Don't remember our sins.....

Don't be silent....

Vindicate me.....

Grant us help....

Let justice be done.....

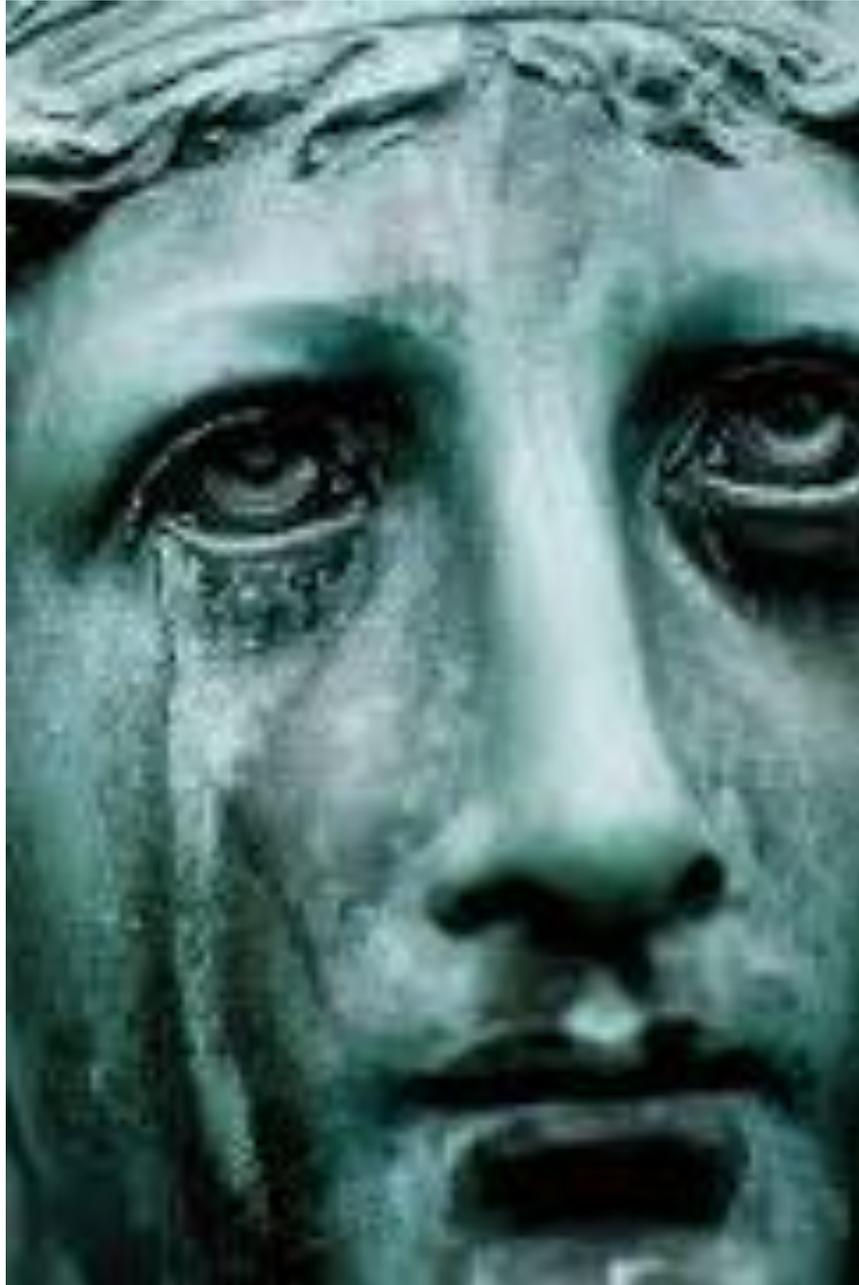
Restore us.....

Teach me.....

Write: In light of God's character, attributes and promises what would you like to **ask** of God? Write it down.

Send: You can send your **ask/request** to Norris Ham via WhatsApp. He will add it to the church Prayer of Lament. It will not be identified as from a specific person.

Listen and wait: Listen to the music of Lament and prayerfully wait for the rest of the church family to join you again.



Trust in Him

Psalm 13:5-6 “BUT I trust in your loving kindness. My heart rejoices in your salvation. I will sing to the Lord, because he has dealt bountifully with me, and I will sing to the name of the Lord Most High.”

Psalm 31:14 “BUT I trust in your, Lord, I said, ‘You are my God.’ My times are in your hand.”

Psalm 71:14 “BUT I will always hope, and will add to all your praise. My mouth will tell about your righteousness, and of your salvation all day, though I do not know its full measure.”

Psalm 86:15 “BUT you, Lord, are merciful and gracious God, slow to anger, and abundant in loving kindness and truth.”

Psalm 42:11 “FOR I shall still praise him, my salvation and my God.”