

## Good Grief: Learning The Lost Art of Lament

Lament 101

May 5, 2024

### *What Is Lament?*

To lament is to \_\_\_\_\_ express to God: regret, grief, sorrow, pain, or confusion.

- We lament in response to our \_\_\_\_\_.
- We lament in response to difficult and painful \_\_\_\_\_ in our lives.
- We lament through \_\_\_\_\_ or actions.
- We lament in prayer when our hearts are \_\_\_\_\_.
- Lament is a \_\_\_\_\_ way Christians process grief in God's presence.

### *Obstacles to Lamenting*

1. We are uncertain how other believers will respond to our lament.
2. We know lament is in the Bible, but we are not sure how it works in real life.
3. We are uncomfortable with being vulnerable before God.
4. We don't know what to do with the emotions we are feeling in our painful moments.

### *The Biblical Example Of Lamenting*

Ecclesiastes 3:4;7a, Psalm 69:1-2, Romans 12:15

- ★ \_\_\_\_\_: *I Samuel 1:10*
- ★ \_\_\_\_\_: *II Samuel 15:30, Psalm 3:1*
- ★ \_\_\_\_\_: *Job 7:11*
- ★ \_\_\_\_\_: *Mark 15:34*

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## **Sermon Discussion Guide**

### Getting Started

*How would you define lament, and what is your perspective on it?*

*What painful events in your life have shaped your soul and your understanding of God?*

### Sermon Discussion

#### **Read Psalm 130:1, I Peter 5:7**

*How do these verses relate to the practice of lamenting?*

#### **Read Job 6:1-3**

*How does Job describe the heaviness of his burdens?*

*How would you describe the heaviness of your burdens?*

#### **Read Romans 12:15**

*Why do you think lamenting is uncomfortable for believers?*

*What are some of your favorite Bible passages that bring comfort and assurance to those who are suffering?*

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