

## Good Grief: Learning The Lost Art of Lament

Learning From Lament: Lamentations 5

July 28, 2024

### Definition of Lament

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

### Why Lament?

Life is \_\_\_\_\_ and God \_\_\_\_\_ us to bring our troubled and restless hearts to him.

### How do we Lament?

- ❶ Keep Turning To \_\_\_\_\_ *Psalm 27:7-8*
- ❷ Bring Your \_\_\_\_\_ *Psalm 142:1-2*
- ❸ Ask \_\_\_\_\_ *Psalm 55:1-2*
- ❹ Choose To \_\_\_\_\_ *Psalm 13:5-6*

### What does Lament teach us?

#### Lament Poem #1: Lamentations 1

- Lament awakens us to sin's \_\_\_\_\_ on others and calls us to \_\_\_\_\_ over our own sin.

#### Lament Poem #2: Lamentations 2

- Lament reminds us that God is \_\_\_\_\_ and will judge sin.

#### Lament Poem #3: Lamentations 3

- Lament \_\_\_\_\_ our hope in God's unfailing love and enduring promises.

#### Lament Poem #4: Lamentations 4

- Lament teaches us to put our ultimate \_\_\_\_\_ in God, not human leaders.

#### Lament Poem #5: Lamentations 5

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- Lament reveals our desperate need for God's \_\_\_\_\_ that is unleashed through \_\_\_\_\_.

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