

# LEARNING ABOUT LAMENT

<sup>1</sup> There was a man in the land of Uz whose name was Job, and that man was blameless and upright, one who feared God and turned away from evil.

**Job 1:1**



“Lament can be defined as a loud cry, a howl, or a passionate expression of grief.”



**Mark Vroegop, *Dark Clouds Deep Mercy***

“However, in the Bible lament is more than sorrow or talking about sadness. It is more than walking through the stages of grief.”



**Mark Vroegop, *Dark Clouds Deep Mercy***

Lament is a prayer in pain that leads to trust. Throughout the Scriptures, lament gives voice to the strong emotions that believers feel because of suffering.



You might think lament is the opposite of praise. It isn't. Instead, lament is a path to praise as we are led through our brokenness and disappointment... The space between brokenness and God's mercy is where this song is sung. Think of lament as the transition between pain and promise.

<sup>1</sup> Hear my cry, O God;  
Give heed to my prayer.  
<sup>2</sup> From the end of the earth I call to You  
when my heart is faint;  
Lead me to the rock that is higher than I.  
<sup>3</sup> For You have been a refuge for me,  
A tower of strength against the enemy.

**Psalm 61**

<sup>4</sup> Let me dwell in Your tent forever;  
Let me take refuge in the shelter of Your  
wings. Selah.

<sup>5</sup> For You have heard my vows, O God;  
You have given me the inheritance of  
those who fear Your name.

<sup>6</sup> You will prolong the king's life;  
His years will be as many generations.

**Psalms 61**



<sup>7</sup> He will abide before God forever;  
Appoint lovingkindness and truth  
that they may preserve him.  
<sup>8</sup> So I will sing praise to Your name  
forever,  
That I may pay my vows day by day.

**Psalm 61**

# 1. An Appeal to God (v. 1-2)



<sup>1</sup> I cried out to God for help;  
I cried out to God to hear me.  
<sup>2</sup> When I was in distress, I sought the Lord;  
at night I stretched out untiring hands  
and my soul refused to be comforted.

**Psalms 77:1-2**

<sup>5</sup> “If you have run with footmen and they have tired you out, Then how can you compete with horses? If you fall down in a land of peace, How will you do in the thicket of the Jordan?

**Jeremiah 12:5**



<sup>8</sup> If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.  
<sup>9</sup> If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
<sup>10</sup> even there your hand will guide me,  
your right hand will hold me fast.

**Psalms 139:8-10**

... who is unable to sympathize with our weaknesses, but we have [a high priest] who has been tempted in every way, just as we are—yet was without sin.

**Hebrews 4:14-15**



<sup>16</sup> ... approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

**Hebrews 4:16**

<sup>38</sup> ... said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

**Matthew 26:38**



<sup>39</sup> Going a little farther, he fell with his face to the ground and *prayed*...

**Matthew 26:39**

<sup>4</sup> The Rock! His work is perfect, For all his ways are just. A God of faithfulness and without injustice, Righteous and upright is he.

**Deuteronomy 32:4**



<sup>3</sup> For You have been a refuge for me,  
A tower of strength against the enemy.

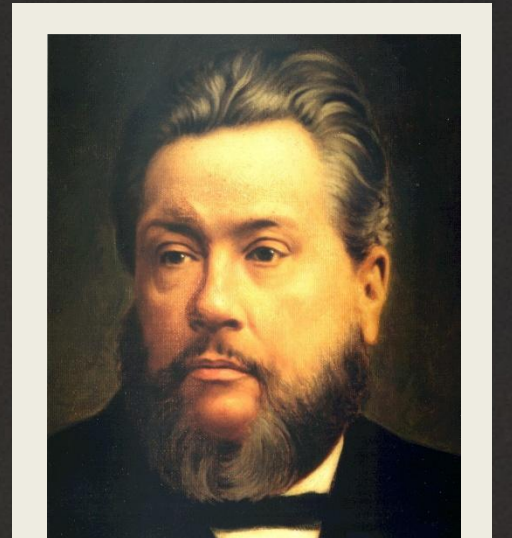
**Psalm 61:3**

1. An Appeal to God (v. 1-2)

2. An Affirmation of God (v. 3-4)



“Experience is the nurse  
of faith. From the past we  
gather arguments for  
present confidence.”



Charles Spurgeon, *The Treasury of David*

“God’s tent, not the sacred tabernacle into which only priests could enter, but a symbol of dwelling in fellowship with God, claiming Him as his Host to protect and provide for him.”

*The Reformation Heritage KJV Study Bible*



<sup>7</sup> Because you are my help, I sing in the shadow of your wings.

**Psalm 63:7**

<sup>4</sup> He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

**Psalms 91:4**



“Beneath His wings are safety, warmth,  
and conscious nearness to His heart.”

*The Expositor's Bible*

1. An Appeal to God (v. 1-2)
2. An Affirmation of God (v. 3-4)
3. Abiding with God (v. 5-7)



1. An Appeal to God (v. 1-2)
2. An Affirmation of God (v. 3-4)
3. Abiding with God (v. 5-7)
4. Adoring God (v. 8)

<sup>23</sup> Then he said to them all: “If anyone would come after me, he must deny himself and take up his cross daily and follow me.

**Luke 9:23**



<sup>21</sup> For to me, to live is Christ and to die is gain.

**Philippians 1:21**

<sup>15</sup> And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

**2 Corinthians 5:15**



- Turn: Decide to talk to God while in pain (Psalm 77:1–2).
- Complain: Lay out the nature and depth of our sorrow (Psalm 22:1–2).
- Ask: Embrace the biblical promises (Psalm 22:9–11).
- Trust: Believe in God's trustworthiness (Psalm 13:5–6).

# Applications