

# Workshop 2



**Providing support & help #1**

***Creative solutions including lament***

Joanna Jackson  
& Jonny Parker



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# What is lament?

“Lament is a prayer in pain that leads to trust.”

Mark Vroegop, *Dark Clouds Deep Mercy*



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# What is lament?

“Lament is a biblical way to process grief. It gives us the opportunity to face and name our pain and then to create space for future hope—all without glossing over tragedy. It allows us to cry and rage and even protest life’s difficulties to God and others without fear of judgment.



# What is lament?

It gives us permission to ask How God? Why God?  
It's often raw and emotional. And that's okay. The  
Bible gives space for God's people to do this.”

Neal Woollard

<https://www.9marks.org/article/why-we-added-a-prayer-of-lament-to-our-sunday-gathering/>



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# The Bible and lament



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# The Bible and lament

Psalms (1/3)

Job



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# The Bible and lament

“I loathe my life;  
I will give free utterance to my complaint;  
I will speak in the bitterness of my soul.”

Job 10:1



# The Bible and lament

Psalms (1/3)

Job

Jeremiah

Lamentations

Christ



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# The church and lament



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# The church and lament

“What we see in the psalmist is a third way. Rather than grief without faith or faith without grief, we see faith incorporating grief. The psalmist’s lament gives voice both to his grief and to the faith that incorporates his grief.”

Nicholas Wolterstorff

<https://www.thebanner.org/features/2012/07/the-art-of-lament>



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# The church and lament

“Thankfully, corporate lament teaches us to take the full range of our emotions to God. We don’t have to pull ourselves together before we come to him. Rather than letting our emotions drive us where they want, we’re using them to drive us to the Lord.



# What is lament?

God can handle our deepest emotions. After all, he “has broad enough shoulders to cry on and a big enough chest to beat against”

Neal Woollard

<https://www.9marks.org/article/why-we-added-a-prayer-of-lament-to-our-sunday-gathering/>



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# Outline of lament - Psalm 13

1. Turn to prayer



# Outline of lament - Psalm 13

1. Turn to prayer
2. Bring our complaints



# Outline of lament - Psalm 13

1. Turn to prayer
2. Bring our complaints
3. Ask Boldly



# Outline of lament - Psalm 13

1. Turn to prayer
2. Bring our complaints
3. Ask Boldly
4. Choose to trust





# Discuss

What's your experience of lament?  
What stops you engaging in?



# Individual Lament

Lessons from the counselling room



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# Individual Lament

Lessons from the counselling room

*Trust in him at all times, you people; pour out your hearts to him,  
for God is our refuge (Ps 62v8)*



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# Barriers to Lament



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# Barriers to Lament

1. My pain is not legitimate



# Barriers to Lament

1. My pain is not legitimate
2. I don't want you to see my sin/weakness



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4. What's the point anyway?





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***Personal Reflection:***

*What do you most resonate with?*



# The Lord Responds



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- By speaking words of grace and love
  - (Ex 34v6; Heb 4v15-16)



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- By modelling how to lament
  - Matt 26v39, 46; Psalms
- He doesn't compare
  - 2 Cor 10v12
- He doesn't get frustrated or fed up
  - Ps 22v24



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  - Ps 56v8



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  - James 5v16
- By giving us the Spirit
  - Rom 8v26



# Individual Lament: Practical

See Handout



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# Corporate Lament



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# Psalm 77

I cried out to God for help;  
I cried out to God to hear me.

When I was in distress, I sought the Lord;  
at night I stretched out untiring hands,  
and I would not be comforted.



I remembered you, God, and I groaned;  
I meditated, and my spirit grew faint.

You kept my eyes from closing;  
I was too troubled to speak.

I thought about the former days,  
the years of long ago;



I remembered my songs in the night.

My heart meditated and my spirit asked:

“Will the Lord reject forever?

Will he never show his favor again?

Has his unfailing love vanished forever?

Has his promise failed for all time?





Has God forgotten to be merciful?

Has he in anger withheld his  
compassion?"

Then I thought, "To this I will appeal:  
the years when the Most High stretched  
out his right hand.



I will remember the deeds of the Lord;  
yes, I will remember your miracles of long  
ago.

I will consider all your works  
and meditate on all your mighty deeds.”



Your ways, God, are holy.

What god is as great as our God?

You are the God who performs miracles;  
you display your power among the  
peoples.



With your mighty arm you redeemed your  
people,  
the descendants of Jacob and Joseph.

The waters saw you, God,  
the waters saw you and writhed;  
the very depths were convulsed.



The clouds poured down water,  
the heavens resounded with thunder;  
your arrows flashed back and forth.

Your thunder was heard in the whirlwind,  
your lightning lit up the world;  
the earth trembled and quaked.



Your path led through the sea,  
your way through the mighty waters,  
though your footprints were not seen.

You led your people like a flock  
by the hand of Moses and Aaron.



# Corporate Lament

How long, O Lord, will you forget us forever?

**How long will you hide your face from us?**



# Corporate Lament

How long must we wrestle with our thoughts and sorrow fill our hearts?

**Look upon us and answer us, O Lord our God**





# Corporate Lament

We are brought down to the dust; our bodies cling to the ground.

**Rise up and help us; rescue us because of your unfailing love.**



# Corporate Lament

May your mercy come quickly to meet us,  
for we are in desperate need.

**Help us, God our Saviour, for the glory of  
your name.**



# Corporate Lament

Lord, you have been our dwelling place  
throughout all generations.

**From everlasting to everlasting you are  
God.**

