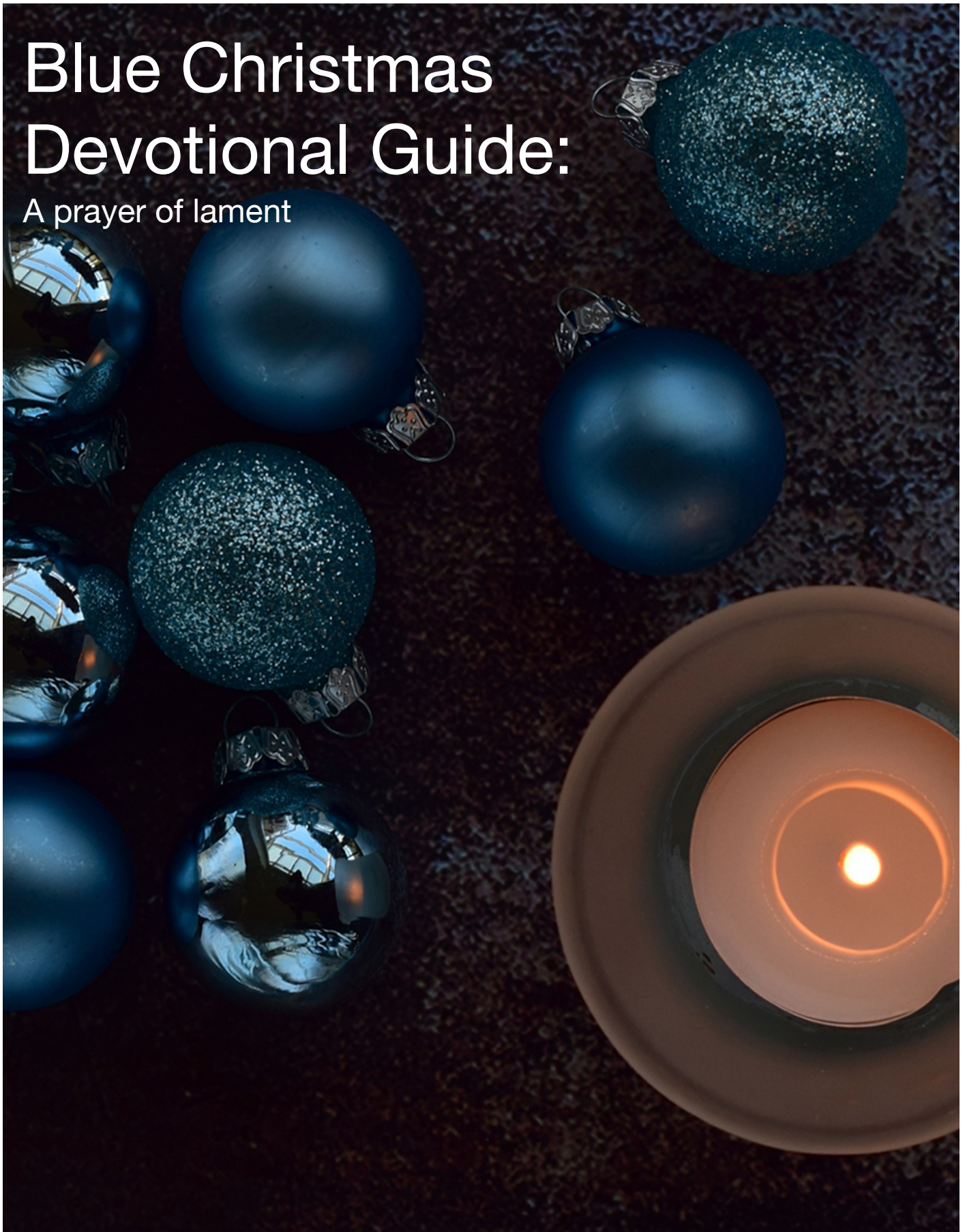


Blue Christmas Devotional Guide:

A prayer of lament



Lament Movement #1: Address God

Read Psalm 142:1-2

David begins his lament by crying out to the Lord. Speaking to who He is and His nature. How do you address God? What do you call God?

God has revealed Himself using many names throughout Scripture. Below is a list of the various names He has used for Himself translated into English. Which one do you gravitate towards in your current circumstances? Select one and write out a prayer acknowledging that you need God to be who He's revealed Himself to be.

- Creator
- Lord, Master
- The God Who Sees
- God Almighty
- The All-Sufficient One
- The Self-Existent One
- The Lord Will Provide
- The Lord My Banner
- The Lord My Shepherd
- The Lord Who Heals
- The Lord of Hosts
- The Lord of Peace
- The Lord is There
- God with Us

Prayer of Acknowledgment

Lament Movement #2: Complaint

Read Psalm 142:3-4

David speaks to his emotional, physical and spiritual state. He comes to the Lord with his pain. Identify a recent or current difficulty in your life. What heaviness do you bring into this Christmas season? It may be the death of a loved one, a relationship, a job, robust health, isolation from friends and family. Any change of the “status” of our lives, those things on which we build our daily routine, our dreams for the future, our very identity can cause us to feel the impact of loss. Use the three groups of questions below to guide your reflection and write your responses below.

- How is the difficulty affecting you? How do you feel?
- How did others contribute to your hardship? How did they help you? How did they cause trouble or make things worse?
- What did God do or not do to help? How did God’s actions or inaction make the problem worse or cause a hardship to continue without resolution?

Prayer of Complaint

Lament Movement #3: Affirm your trust in God

Read Psalm 142:5

In verse 5, David rehearses how he has experienced God in the past as a means to recognizing who God is in the present. Has God been there for you in the past? What has been your experience of God's presence with you and what did you experience at that time?

Prayer Rehearsing God's Past Faithfulness

Lament Movement #4: Ask for your deepest desire

Read Psalm 142:6

God is present, active and listening to your prayers. He wants you to come to him with your desire and need. David asks to be rescued. What do you most deeply desire from God in this time? Express your need and tell God why you want His intervention? Are there people or situations in your life that feel threatening to you? How would you bring them to God? Psalmists in the past have reminded God of past situations when God came through for them. You may want to do that as well.

Prayer of Desire

Lament Movement #5: Assurance You are Heard

Read Psalm 142:7

David asks that he be delivered and then allowed to continue to worship his Lord and Savior. All the more confident of who God is because of His hand in the situation.

What do you need from God to feel that you have been heard in this prayer?

Prayer of Assurance

Gratitude and Praise

In what ways have you experienced the Lord's presence in the midst of your difficulty or loss? If you can honestly do so, express your gratitude for the ways you've seen Him move in and around you. If you haven't seen Him move yet, but desire to cling to the promise that God redeems our pain, express that yearning here.

Prayer of Gratitude and Praise

“A thrill of hope a weary world rejoices For yonder breaks a new and glorious morn”

As we celebrate the coming of Christ this Christmas we recognize the demonstration of steadfast love that it is. The deep pain and brokenness of humanity and our desperate need for a savior. God come to us, met us in the need, experienced pain himself and delivered us. In the midst of our lament the question of “why” is answered in Jesus Christ as “who”.

Names of God in the Bible

Elohim	The Creator	Gen 1:1, 26-27, 31; 2:19, 22; Psa 139:12-14; Isa 40:28, 43:7, 21; Jn 1:3; Col 1:16
Adonai	The Lord	Gen 15:2; Psa 9:10, 135:5; Matt 22:37; Rom 10:9, 13
Ei Roi	The God Who Sees	Gen 16:13; 1 Sam 16:7; Psalm 139:1-24
Ei Shaddai	God Almighty / The All-Sufficient One	Gen 17:1, 28:3; 35:11, 48:3, 49:25; 2 Cor 12:9
Jehovah (YHWH)	The Self-Sufficient One	Ex 3:13-15, 34:5-7; John 1:1-2; Col 1:17; Heb 13:8; Rev 1,4, 8, 17; 21:6; 22:13
Jehovah-Jireh	The Lord Will Provide	Gen 22:8, 14; Isa 31:1; John 3:16; Phil 4:19; Jam 1:17
Jehovah-Nissi	The Lord My Banner	Ex 17:15-16; Deut 20:3-4; 1 Sam 15:16-23; Isa 11:10-12
Jehovah-Rohi	The Lord My Shepherd	Psalm 23:1-6; 100:3; Isa 53:6
Jehovah-Rapha	The Lord Who Heals	Ex 15:25-27; Deut 32:39; Psa 103:3; 2 Chron 7:14; Isa 53:5; Jer 17:14; 30:17; Luke 4:18; 1 Pet 2:24
Jehovah-Sabaoth	The Lord of Hosts	1 Sam 1:3; 17:45-47; 2 Chron 20:3-21; Isa 14:24, 27; Jer 20:11-13; Mal 1:10-11
Jehovah-Shalom	The Lord is Peace	Isa 26:3; Psalm 119:165; Rom 15:33; Phil 4:4-7
Jehovah-Shammah	The Lord is There	Ex 13:20-22; 33:12-17; Deut 31:6; Josh 1:5; Ezek 48:35; Matt 28:20

Lament Psalms in the Bible

Communal	12, 44, 58, 60, 74, 79, 80, 83, 85, 89*, 90, 94, 123, 126, 129
Individual	3, 4, 5, 7, 9-10, 13, 14, 17, 22, 25, 26, 27*, 28, 31, 36*, 39, 40:12-17, 41, 42-43, 52*, 53, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 89*, 120, 139, 141, 142

* These Psalms are difficult to classify because they could fit into more than one group or are mixed types.