

Patterns of Lament

1. Invocation/ Address- To whom is the Lament given
For us, this would be the Lord.
2. Lament- What is the problem or issue?
It's time to voice your complaint and/or point out a seeming inconsistency.
3. Confession of faith- rehearsal of the historical acts of the Lord's character
The reason we can lament is based on the fact that we trust the one to whom we lament.
4. Request- Ask for deliverance, a change, or intervention
5. Praise- Thank God for the way he has already worked.
This can include a vow, "When you act, I will _____"

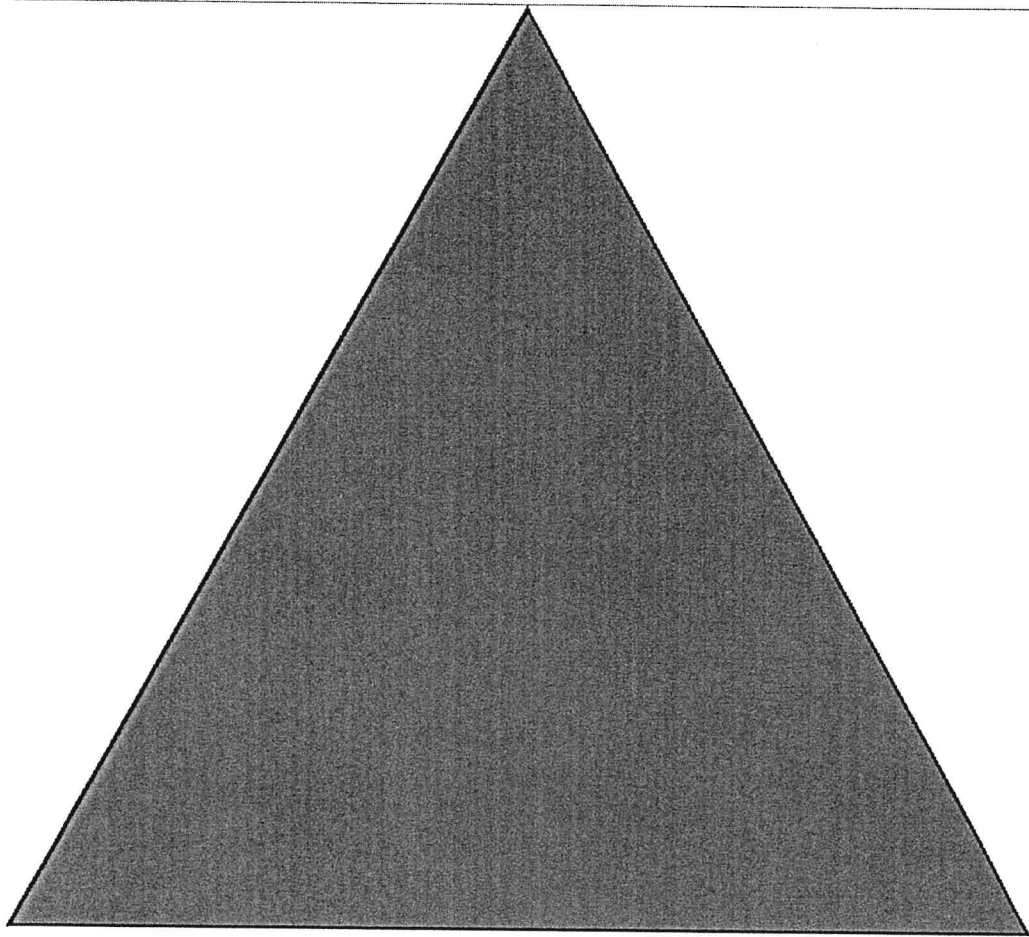
Borrowed from Westermann (*Psalms of Praise and Lament*)
 Elements and movement of Lament

	Psalm 6	Psalm 13	Psalm 22
Address	O LORD do not rebuke me...	How long, O LORD?	My God, My God
Lament	My bones are in agony, my soul is in anguish... I am worn out from groaning	I wrestle with my thoughts and every day have sorrow in my heart... my enemies triumph over me	Why have you forsaken me? Why are you so far? I am a worm... Scorned by men
Confessing faith	Because of your steadfast love...	But, I trust in your unfailing love...	Yet, you are enthroned... In you our father's trusted... YOU brought me out of the womb...
Petition	Turn, deliver, save...	Look on me and answer... Give light to my eyes...	Do not be far off... Come quickly to help me. Deliver...
Praise	The Lord has heard...	I will sing to the LORD for he has been good	I will declare your name to the brethren

At home: Read Job quickly and find places in Job where he:

1. Addresses God specifically _____
2. Names his complaint (lament) _____
3. Confesses his faith _____
4. Petitions God to act _____
5. Praises God _____

Limits of Lament



Practice Lament # 1
Topic _____

Invocation

Lament

Confession of faith

Request

Praise

Practice Lament # 2
Topic _____

Invocation

Lament

Confession of faith

Request

Praise

Practice Lament # 3
Topic _____

Invocation

Lament

Confession of faith

Request

Praise
