

FIRM FOUNDATIONS

FOR LIVES OF FAITH



A photograph of a white, two-story house with a dark roof, built on stilts on a rocky beach. The house is on the left side of the frame. The beach is in the foreground, and the ocean is in the background. The sky is dark with some clouds, and the sun is setting, creating a warm, golden glow over the water and the beach. The text "God Gives Space for Grief" is overlaid in the center of the image in a large, white, sans-serif font.

God Gives Space for Grief

God Gives Space for Grief:

**“How lonely sits the city
that was full of people!
How like a widow has she become,
she who was great among the nations!
She who was a princess among the provinces
has become a slave.
She weeps bitterly in the night,
with tears on her cheeks...”**

- Lamentations 1:1-2

A coastal scene at sunset. On the left, a white, two-story house with a dark roof sits on wooden stilts atop a rocky cliff. The foreground is a sandy beach with shallow water reflecting the sunset. The sky is filled with dark, heavy clouds, with a bright orange and yellow glow from the setting sun on the horizon. The overall mood is somber and reflective.

Lament is Honest Prayer

Lament is Honest Prayer:

**“Look, O Lord! Consider!
Whom have you ever afflicted like this?
Should women eat their offspring,
their healthy infants?
Should priest and prophet
be killed in the Lord’s sanctuary?”**

- Lamentations 2:20

Lament is Honest Prayer:

**“How long, O Lord? Will you forget me forever?
How long will you hide your face from me?”**

- Psalm 13:1

**“I cry out to you, but you do not answer me;
I stand up, and you only look at me.”**

- Job 30:20

“My God, my God, why have you forsaken me?”

- Matthew 27:46

Lament is Honest Prayer:

**“The Lord has done what he purposed;
he has carried out his word,
which he commanded long ago...”**

- Lamentations 2:17

A coastal scene at sunset. On the left, a white, two-story house with a dark roof sits on wooden stilts atop a rocky cliff. The foreground is a sandy beach with wet sand reflecting the sky. The ocean is visible in the distance under a dramatic, cloudy sky with a warm orange glow from the setting sun.

Hope is Found in the Middle

Hope is Found in the Middle:

**“Remember my affliction and my wanderings,
the wormwood and the gall!
My soul continually remembers it
and is bowed down within me.
Yet this I call to mind,
and therefore I have hope...”**

- Lamentations 3:19-21

God's Character as Our Anchor:

**“Because of the Lord’s great love
we are not consumed,
for his compassions never fail.”**

- Lamentations 3:22

A photograph of a white, two-story house on stilts, situated on a rocky beach. The house is on the left side of the frame. The beach is in the foreground, and the ocean extends to the horizon. The sky is dark with some clouds, and the sun is setting, creating a warm, golden glow over the water and the horizon. The overall mood is serene and contemplative.

God's Character as Our Anchor

Lament Leads Us Back to God:

**“Let us examine our ways and test them,
and let us return to the Lord.”**

- Lamentations 3:40

A coastal scene at sunset. On the left, a white house with a dark roof sits on wooden stilts atop a rocky cliff. The foreground is a sandy beach with a shallow pool of water reflecting the sky. The ocean extends to the horizon under a sky with dark, heavy clouds and a bright orange glow from the setting sun.

Lament Leads Us Back to God

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