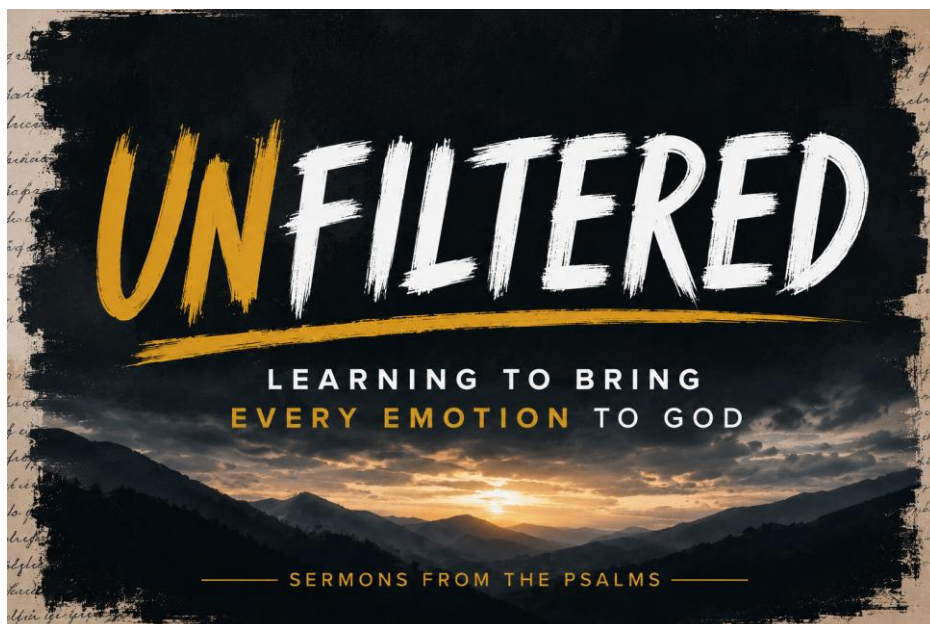




Lament: Turning Your Pain into Prayer

Psalm 142

Outside of grieving the loss of a loved one, we rarely give ourselves permission to grieve loss. The Bible has a word for grieving any loss: **lament.**

The Bible offers us a different path. In the Psalms, there are songs of celebration and songs of sorrow. Nearly 1/3 are psalms of lament. One of these is Psalm 142. Here David does something most of us have never been

taught to do: he turns his pain into prayer.
That's what lament is. Let's learn how.

Let's learn to lament through the acronym
CRIES.

Call on God.

¹ “With my voice I cry out to the Lord; with my voice
I plead for mercy to the Lord. ² I pour out my
complaint before him; I tell my trouble before him.
^{3a} When my spirit faints within me, you know my
way!”

Reveal your pain.

^{3b} “In the path where I walk, they have hidden a trap
for me. ⁴ Look to the right and see: there is none
who takes notice of me; no refuge remains to me;
no one cares for my soul.”

Invite God into your loss.

⁶ “Attend to my cry, for I am brought very low!
Deliver me from my persecutors, for they are too
strong for me!”

Express confidence in God.

⁵ “I cry to you, O LORD; I say, “You are my refuge,
my portion in the land of the living.”

Sing His praise.

⁷ “Bring me out of prison, that I may give thanks to
your name!

The righteous will surround me, for you will deal
bountifully with me.”

***Lament is what faith sounds in the middle of
pain! This week, process your losses
differently. Don't suppress them. Don't ignore
them. Turn them into prayer. Write your own
psalm of lament to God.***