

## I. What does it mean to lament?

A lament is the honest prayer of a hurting heart in response to pain, suffering, and loss that we experience in a broken world.

Psalm 86:0

## II. How do we lament?

### A. Turn

Turn to the LORD  
Psalm 86:1, 6

Turn to the Lord  
Psalm 86:4, 6

Turn to God  
Psalm 86:10

### B. Express

Psalm 86:1, 7, 14

Psalm 86:3

Ask the why questions  
Psalm 22:1  
Psalm 44:23  
Psalm 88:14

Ask the how questions  
Psalm 13:1-2  
Psalm 74:10  
Psalm 94:3

Ask the where questions  
Psalm 42:3

### C. Request

Psalm 86:2, 3, 16, 17

### D. Trust

Psalm 86:17

Psalm 86:5, 13, 15

## III. Why should we lament?

Psalm 86:17