

Learning to Lament

Lament is an
expression of sorrow

"Prayers of lament are radical acts of faith and hope because they refuse, even in the midst of suffering, to give up on God."

- Dr. Richard Middleton

*These things I remember as I pour out
my soul: how I used to go to the
house of God under the protection of
the Mighty One with shouts of joy and
praise among the festive throng.*

*Why, my soul, are you downcast?
Why so disturbed within me?*

- Psalms 42:4-5a NIV

Read through the Psalms

Be Honest

Joy and Closeness

"Joy is the experience of knowing that you are unconditionally loved and that nothing - sickness, failure, emotional distress, oppression, war, or even death - can take that love away."

- Henri Nouwen

Resources:

- A Prayer in the Night by Tish Harrison Warren (book)

<https://a.co/d/5GsgdBc>

- A Shepherd Looks at Psalm 23 by W. Phillip Keller
(devotional)

<https://a.co/d/70CD9xy>

- Lament Songs by The Porter's Gate (album)

https://open.spotify.com/album/64WHHuvRpwjVjTEpTEfgS1?si=TRsxGx6_RniD2TTn4JY4sw

<https://music.apple.com/us/album/lament-songs/1528494876>

- Good Grief Part 3: Learning to Lament with Jesus
(YouVersion Bible App Devotional)

<https://www.bible.com/en/reading-plans/33485>