

The Language of Lament

Breakout session 1

Saturday, 10:30 am

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Lament... Oy Vey

1. Lament is part of God's designed response to trauma. (Jn 11:35)

GEN 3:8
Chaim
Bentorah

2. Lament is a “tether” – it ties us to the Lord (who we tie off to matters).

- If just to others → “What you vent you cement.”
- If to God → “Beauty for ashes.”

3. Lament is always the unveiling of a broke heart. (Job 3)

- It exposes what is hidden, to God.
- Often audible.

4. Lament often presents in waves.

We don't
“cry and
get it over
with.”

5. Biblical lament follows an outline

T	Turn → “I need your help.”
A	Ask → “What would you have God do?”
C	Complaint → “Tell him what is wrong (and what you think).”
T	Trust → Commit to let him sort it.

Anger often demands certainty... lament leaves the certainty to God.

Practice
Ps 13

6. Lament is often theologically messy.

7. Lament paves the way for God’s love. (Isa 61:1-3)

To Comforters

- Be patient with this stage.
 - Don’t rush it.
 - Don’t hurry to correct.
- Help them find scripture that meets them where they are at.
- Help them write and proclaim a lament.
- Trust that God will meet them (He sent you!).