why, my soul, are you downcast) why so disturbed within me> put your hope in God.





Lament: to express grief, sorrow, or regret









Imprecatory

Personal

3, 4, 5, 7, 10, 13, 17, 22, 25, 26, 28, 31, 39, 42, 43, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 120, 141, 142

Corporate

Repentant

Partial

12, 44, 58, 60, 74, 79, 80, 83, 85, 90, 94, 123, 126

6, 32, 38, 51, 102, 130, 143

35, 69, 83, 88, 109, 137, 140

9:13-20, 27:7-14, 40:11-17





"Lament is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God's goodness." - MARK VROEGOP, Dark Clouds Deep Mercy

FOREWORD BY JONI EARECKSON TADA

DARK CLOUDS DEEP MERCY

SCOVERING THE GRACE O

MARK VROEGOP





Actively turn toward God in prayer.

attern of a Annent

Complain

State the reasons for the sorrow.

Ask

Make a request of God to act or do something.

Trust

Make a statement of renewed faith and trust.

Psalm 77:1-2 NIV

I cried out to God for help; I cried out to God to hear me. ² When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted.





Actively turn toward God in prayer.

attern of a Annent

Complain

State the reasons for the sorrow.

Ask

Make a request of God to act or do something.

Trust

Make a statement of renewed faith and trust.

why, my soul, are you downcast) why so disturbed within me> put your hope in God.



• JOHN B CORNWELL - JAMES R DAVIS • ROBERT DIAKOW • JAMES C DOLOUGHTY • BENNY T GISH • THOMAS H GREEN • WILLIE C HAUGABOOK • ANASTACIO JIMENEZ • ROBERT E KING • LARRY LUSTER • TIMOTHY TWILLIAMS • JACKIE LWOODARD • ALLEN C ARGEN KILBASILE - ROBERT BATES IF + NORMAN H BEOOM

KINGHORN - JOSEPTES LABAY - MICHAELK LEWIS - DANIELE UPETZKY - JAMES MCCONNYTIEAD IF - THOMAS E OWENS - RUDOEPH PARKER ET MOBILIA - TANES MCCONNTHEAD IF - THOMAS E OWENS - RUDODPH PARKER
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CLORGE & GRINNELL + MacDONALD & HALSEY + JAMES M COX + WILLIAM D T BOYD K NEWBOLD + KAYMOND J BALANDRO + KOGER R PANGAN + RICE AUAN K BRESNAHAN + L-NICHAELT DAVIS AUGUNE GOODEN - RECHARD T SELERS IF CHARD T SE IRCENTIGE AND ADD FOR TO ADD FOR THE ADDRESS OF THE PRESS AND ADDRESS OF THE PRESS AND ADDRESS OF THE PRESS AND ADDRESS OF THE PRESS OF EWOOTEN + KUREN ORDIALLZ - RICHARD O WALKER - JOHNNY WIES -NUD L BRIGHTMAN - VALERIANO D CONTRERAS - EDWARD C TANNING I'R CARNER - CARLOS M CONZALES - KISH L GREIN - JAMES G GREINIR I'R CARNER - CARLOS M CONZALES - KISH L GREINIR - CARLOS M CONZALES - JAMES G GREINIR I'R CARNER - CARLOS M CONZALES - KISH L GREINIR - CARLOS M CONZALES - DIR CARNER - CARLOS M GONZALLS - MORT CRUTH - JAMES G GRIENER EHDUMAN JI - DAVID M RAUMAN - JERRY C REUTE - LARRY D LEMASTER EHDUMAN JI - DAVID M RAUMAN - JERRY C REUTE - LARRY D LEMASTER EHDUMAN JI - DAVID M RAUMAN - JERRY C REUTE - LARRY D LEMASTER EN JI - HAROLD L SHAFTUCK JI - JERRY MCORTER - WAYNE O MCCEUNG IK JPICELL JI - PETER P RUBIC - CALVIN M MINOR - WILSON D THOMAS A MIOS - ROBERT - RUMAS A MIOS - JAMES A AMOS - ROBERT - RICHARD J REY - DONNIE LRING - ROBERT - RUMAS A MIOS - JAMES A AMOS - JAMES A JAMES M. CORVERT, M. L. MARCHAR, M. MARCHAR, MARCHAR, M. MARCHAR, M. MARCHAR, M. MARCHAR, M. MARCHAR, M. MARCHAR, MARCHAR, M. MARCHAR, MARCHAR, MARCHAR, MARCHAR, MARCH · DENNIS P NEAL · RONALD R NILES · RANDY LEE OWE • JAMES E SHELFON · WILLIAM R WILSON Jr · JOHN L BRADFORE HOWARD V ANDRE JF: VERVON D ARTIS - BISHOP S BARANOWSKI - GEORGE H BEASLEY - THOWAS BROOKS JF
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HOWARD V ANDRE JF: GEORGE H BEASLEY - THOWAS L GEOR ET KERBY + ROBERT L KR A REAL PROVIDE AND A REAL PROVIDENT AND A REAL PROVIDE AND A REAL PROV

A CERES + WILLIAM B CHRISTENSON + KENNETH J CYMBALSKI + JOHN M ELLIS + BOBBY GENE FARMER JOHN R RRYE + DAVID N HARROW + THOMAS W HERBST + LON M HOLUPRO + WILLIAM A HYMAN STEPHEN E SROKA + JA









Lament moves us toward the goodness of God in the midst of a broken world.

Psalm 42:1-5 NIV

As the deer pants for streams of water, so my soul pants for you, my God. ² My soul thirsts for God, for the living God. When can I go and meet with God? ³ My tears have been my food day and night, while people say to me all day long, "Where is your God?" ⁴ 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. ⁵ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 42:6-11 NIV My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. ⁷ Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. ⁸ By day the LORD directs his love, at night his song is with me a prayer to the God of my life.

⁹ I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" ¹⁰ My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" ¹¹ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Turn to God Complain Ask Trust

Psalm 42:1-2 NIV As the deer pants for streams of water, so my soul pants for you, my God. ² My soul thirsts for God, for the living God. When can I go and meet with God?

Turn to God Complain Ask Trust

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"God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world." - C.S. LEWIS

Psalm 42:3-5 NIV

My tears have been my food day and night, while people say to me all day long, "Where is your God?" ⁴ 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. ⁵ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Turn

Complain to God

Ask

Trust

Psalm 42:3-5 NIV

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Psalm 42:10 NIV My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"

Turn

Complain to God

Ask

Trust

Psalm 42:3, 7-10 NIV

My tears have been my food day and night, while people say to me all day long, "Where is your God?"

⁷ Deep calls to deep in the roar of your waterfalls; <u>all your</u> waves and breakers have swept over me. ⁸ By day the LORD directs his love, at night his song is with me— a prayer to the God of my life. ⁹ I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" ¹⁰ My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"



"I shall look at the world through tears. Perhaps I shall see things that dry-eyed I could not see."

- Nicholas Wolterstorff, Lament for a Son

Psalm 43 NIV Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. ² You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? ³ Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.

⁴ Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God. ⁵ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Turn Complain Ask God Trust God

Psalm 43 NIV

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Turn Complain Ask Trust God

Psalm 43 NIV

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Insert Lament Song Jesus Come Video Ryan & Brooke

Might be a good opportunity to inlcude fellowship worship logo or info



Revelation 21:4 NIV "'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."