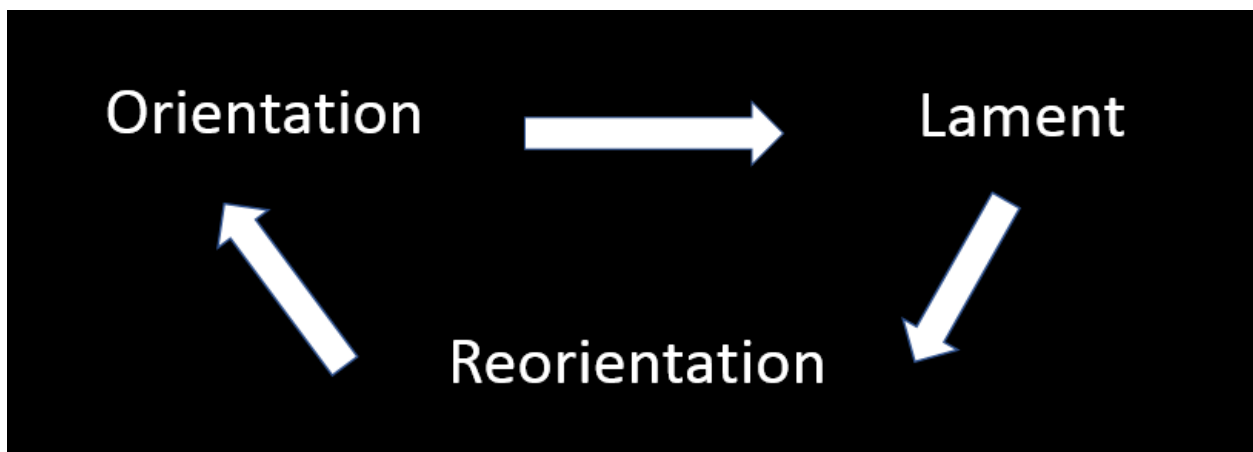


Lament and the Christian Life by Garrett Lane

- What is lament?
 - The image of the storm
- Lament offers us a way to speak to God during times of chaos, doubt, and seeming abandonment.
- Lament psalms offer us language and courage to approach God and speak honestly during chaotic periods of life.

The Cycle of the Psalms

- It is helpful to think of the Psalms as a book of worship for the Israelites.
- There are many different "genres" of the psalms.
 - Praise, thanksgiving, instruction, hope, and lament are a few different types.



Psalm 13

Specifics of Lament Psalms

- Teaches us to pray our conflicts and contradictions.
 - "In the Psalms, it is not those who lack faith who lament but those recognized for strong faith who bring their most honest and passionate feelings to God."
- Provides language of "both/and"
 - BOTH Reverence AND Disappointment
 - BOTH Hope AND Despair
 - BOTH Confidence AND Exasperation
- Expresses Trust

- In the New Testament
 - In the Life of Jesus: Matt. 26; Matt. 27
 - In the Early Church: Acts 4; Acts 7; Hebrews 5

DISCUSSION QUESTIONS

- When we are troubled we often turn to the teachings of our faith and find peace. When you are troubled, do you do anything that helps you find peace? Share with the group.
- We often are reminded that as Christians we are meant to rejoice, but it does not always feel appropriate to rejoice. What does the Bible and the example of Jesus teach us about mourning?
- Read Psalm 42 aloud with your group
 - What images from this Psalm stand out to you? What emotions does the psalmist express?
- The Psalms offer a wide range of emotions from joy and thanksgiving to despair and doubt. How can we draw from lament Psalms and offer a word of hope to one another as fellow Christians?