

# TRUST GOD IN MY PAIN AND MY GRIEF?

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AN OVERVIEW OF LAMENTATIONS



## LAMENT DEFINED:

- Lament can be defined as a loud cry, a howl or a passionate expression of grief.
- Biblical Lament is a prayer in pain and grief that leads to trust.



LAMENT: BE REAL  
AND BE HUMBLE

## LAMENTATIONS 3:1-20

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<sup>1</sup>I am the man who has seen affliction by the rod of the LORD's wrath. <sup>2</sup>He has driven me away and made me walk in darkness rather than light; <sup>3</sup>indeed, he has turned his hand against me again and again, all day long. <sup>4</sup>He has made my skin and my flesh grow old and has broken my bones. <sup>5</sup>He has besieged me and surrounded me with bitterness and hardship. <sup>6</sup>He has made me dwell in darkness like those long dead. <sup>7</sup>He has walled me in so I cannot escape; he has weighed me down with chains. <sup>8</sup>Even when I call out or cry for help, he shuts out my prayer. <sup>9</sup>He has barred my way with blocks of stone; he has made my paths crooked.



## LAMENTATIONS 3:1-20

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<sup>10</sup> Like a bear lying in wait, like a lion in hiding,<sup>11</sup> he dragged me from the path and mangled me and left me without help <sup>12</sup> He drew his bow and made me the target for his arrows. <sup>13</sup> He pierced my heart with arrows from his quiver. <sup>14</sup> I became the laughingstock of all my people; they mock me in song all day long. <sup>15</sup> He has filled me with bitter herbs and given me gall to drink. <sup>16</sup> He has broken my teeth with gravel; he has trampled me in the dust. <sup>17</sup> I have been deprived of peace; I have forgotten what prosperity is. <sup>18</sup> So I say, “My splendor is gone and all that I had hoped from the LORD.” <sup>19</sup> I remember my affliction and my wandering, the bitterness and the gall. <sup>20</sup> I well remember them, and my soul is downcast within me.

An open book with text overlaid. The book is open, showing two pages of text. The text is in a serif font, likely a Bible. The background is dark and textured, possibly wood. The text is white and centered over the right page.

# LAMENT: THE END GAME ... HOPE AND TRUST

## LAMENTATIONS 3:21-33

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<sup>21</sup> Yet this I call to mind and therefore I have hope: <sup>22</sup> Because of the LORD's great love we are not consumed, for his compassions never fail. <sup>23</sup> They are new every morning; great is your faithfulness. <sup>24</sup> I say to myself, "The LORD is my portion; therefore I will wait for him." <sup>25</sup> The LORD is good to those whose hope is in him, to the one who seeks him; <sup>26</sup> it is good to wait quietly for the salvation of the LORD. <sup>27</sup> It is good for a man to bear the yoke while he is young. <sup>28</sup> Let him sit alone in silence, for the LORD has laid it on him. <sup>29</sup> Let him bury his face in the dust—there may yet be hope. <sup>30</sup> Let him offer his cheek to one who would strike him, and let him be filled with disgrace. <sup>31</sup> For no one is cast off by the Lord forever. <sup>32</sup> Though he brings grief, he will show compassion, so great is his unfailing love. <sup>33</sup> For he does not willingly bring affliction or grief to anyone.





MY LAMENT IS...