

LAMENT

Part 1
“Lament: A Prayer in Pain”

February 1, 2026

WORSHIP IN SEASONS OF SORROW

Introduction:

Life is a strange and weighty thing. We live in a world charged with the grandeur and glory of God, where moments of beauty, joy, and delight awaken us to His goodness. And yet, that same world bears the consequences of human sin. We grow sick, we age, we endure hardship and loss. The question, then, is not whether God is good, but how we can live faithfully when life hurts. How do we respond when the joy feels distant and the frustrations and disappointments seem overwhelming?

Therapy-Speak?

Postmodern Stoicism?

Main Point: In Scripture, _____ is presented as the proper and worshipful response of the believer to the pain and sorrow common to life in a fallen world.

The Theology of Lament

- The world is _____, but it is not _____.

Isa. 24:5-6—⁵The earth lies defiled under its inhabitants; for they have transgressed the laws, violated the statutes, broken the everlasting covenant. ⁶Therefore a curse devours the earth, and its inhabitants suffer for their guilt;

Ecc. 3:10-11—¹⁰I have seen the business that God has given to the children of man to be busy with. ¹¹He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end.

- The Lord is both _____ and _____.

Dan. 4:34b-35—for his dominion is an everlasting dominion, and his kingdom endures from generation to generation; ³⁵...and he does according to his will among the host of heaven and among the inhabitants of the earth; and none can stay his hand or say to him, “What have you done?”

Lam. 3:37-38—³⁷Who has spoken and it came to pass, unless the Lord has commanded it? ³⁸Is it not from the mouth of the Most High that good and bad come?

Psa. 119:68—You are good and do good; teach me your statutes.

Nah. 1:7—The Lord is good, a stronghold in the day of trouble; he knows those who take refuge in him.

- The Lord _____, _____, and will ultimately _____ all things through Christ.

1 Pet. 1:18-19—¹⁸knowing that you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, ¹⁹but with the precious blood of Christ, like that of a lamb without blemish or spot.

Gen. 50:20—As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.

Rev. 21:4—He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

Defining Lament

- Scripture contains various terms that help us to understand lament.

(1) קִינָה (kee-naw)—a lament; a funeral song or dirge. θρήνος (thrēnos) — lament, dirge

2 Sam. 1:17—And David lamented with this lamentation over Saul and Jonathan his son

Articulated _____, often in the form of poem or song.

(2) שָׂדָד (saw-fad)—to wail, lament, or mourn. κοπετός (kopetós)—mourning, beating the breast

Gen. 23:2—And Sarah died...and Abraham went in to mourn for Sarah and to weep for her

Wailing or public mourning, often in the context of _____.

(3) אָנָה (aw-nakh)—A sigh, groan, or gasp. στενάζω (stenázō)—to groan

Lam. 1:21—“They heard my groaning, yet there is no one to comfort me. All my enemies have heard of my trouble; they are glad that you have done it.

Rom. 8:23—And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies.

Intense and _____ pain.

- In Scripture, lament carries the idea of _____ out to the Lord.

קָרָא (zaw-ak')—to cry, cry out; to call, call for help. ἀναβοῶω (anaboaō)—to cry out

Psalms 142:1—With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD.

Matt. 27:46—And about the ninth hour Jesus cried out with a loud voice, saying, “Eli, Eli, lema sabachthani?” that is, “My God, my God, why have you forsaken me?”

Key Point: Biblically speaking, lament is _____ in pain that leads to _____.

“The practice of lament—the kind that is biblical, honest, and redemptive—is not natural for us, because every lament is a prayer. An statement of faith. 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*

The Biblical Pattern of Lament

1. God is _____

Psa. 77:1-2a—¹ I cry aloud to God, aloud to God, and he will hear me. ² In the day of my trouble I seek the Lord;

Psa. 51:1a—Have mercy on me, O God, according to your steadfast love

⇒ *This is the act of _____ to God in prayer.*

2. A _____ is Expressed

Psa. 10:1—Why, O Lord, do you stand far away? Why do you hide yourself in times of trouble?

Hab. 1:2-3a—² O Lord, how long shall I cry for help, and you will not hear? Or cry to you “Violence!” and you will not save? ³ Why do you make me see iniquity, and why do you idly look at wrong?

⇒ *This is the act of stating our _____ (s) before the Lord.*

3. A _____ is Made

Psa. 22:11—Be not far from me, for trouble is near, and there is none to help.

Psa. 60:11-12—¹¹ Oh, grant us help against the foe, for vain is the salvation of man!¹² With God we shall do valiantly; it is he who will tread down our foes.

⇒ *This is the act of asking _____ in light of God’s character.*

4. _____ and _____ are Declared

Psa. 13:5-6—⁵ But I have trusted in your steadfast love; my heart shall rejoice in your salvation. ⁶ I will sing to the Lord, because he has dealt bountifully with me.

Psa. 86:14-15—¹⁴ O God, insolent men have risen up against me; a band of ruthless men seeks my life, and they do not set you before them. ¹⁵ But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.

⇒ *This is the deliberate _____ to trust God.*

Key Point: Lamentation can be understood as a _____ with the Lord through seasons of grief.

“Belief in God’s mercy, redemption, and sovereignty create lament. Without hope in God’s deliverance and the conviction that He is all-powerful, there would be no reason to lament when pain invades our lives.”—Mark Vroegop

Applying Our Theology of Lament—Romans 8:18-30

1. We must maintain a proper _____ (8:18,30).
2. The _____ of life are very real (8:20-23).
3. God is _____ us in our sufferings and _____ to us in the midst of them (8:23-26).
4. Because God is sovereign, He can _____ out good even through suffering and difficulty (8:28).
5. Because God is sovereign and because Jesus Christ has been raised, we too have the hope of _____ (8:29-30).

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Therapeuticism?

Postmodern Stoicism?

Main Point: In Scripture, lament is presented as the proper and worshipful response of the believer to the pain and sorrow common to life in a fallen world.

The Theology of Lament

- The world is fallen, but it is not meaningless.

Isa. 24:5-6—⁵The earth lies defiled under its inhabitants; for they have transgressed the laws, violated the statutes, broken the everlasting covenant. ⁶Therefore a curse devours the earth, and its inhabitants suffer for their guilt;

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Intense and expressed pain.

- In Scripture, lament carries the idea of crying out to the Lord.

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Key Point: Biblically speaking, lament is prayer in pain that leads to trust.

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⇒ *This is the act of turning to God in prayer.*

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3. A Request is Made

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Psa. 60:11-12—¹¹ Oh, grant us help against the foe, for vain is the salvation of man!¹² With God we shall do valiantly; it is he who will tread down our foes.

⇒ *This is the act of asking boldly in light of God’s character.*

4. Praise and Trust are Declared

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