

VIDEO

Songs in the Night

Lament

“Lament is a prayer in pain that leads to trust.”

How do we need to pray so that our prayer in pain can lead to trusting God?

Psalm 12:1-2

1 Help, Lord for no one is faithful anymore; those who are loyal have vanished from the human race. 2 Everyone lies to their neighbor; they flatter with their lips but harbor deception in their hearts.

Prayer in pain leads to trusting God when we humbly lay out our complaints to God in prayer

Deuteronomy 7:7-8

7 The Lord did not set his affection on you and choose you because you were more numerous than other peoples, for you were the fewest of all peoples. 8 But it was because the Lord loved you and kept the oath he swore to your ancestors that he brought you out with a mighty hand and redeemed you from the land of slavery, from the power of Pharaoh king of Egypt.

Deuteronomy 7:9-11

9 Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments. 10 But those who hate him he will repay to their face by destruction; he will not be slow to repay to their face those who hate him. 11 Therefore, take care to follow the commands, decrees and laws I give you today.

Songs in the Night

“God is good, but life is hard. Enter complaint... A lament honestly and specifically names a situation or circumstance that is painful, wrong, or unjust -in other words, a circumstance that does not align with God’s character and therefore does not make sense within God’s kingdom.”

Dark Clouds, Deep Mercy: Discovering the Grace of Lament by Mark Vroegop

My Lament:

“Help! Lord I have a problem with...”

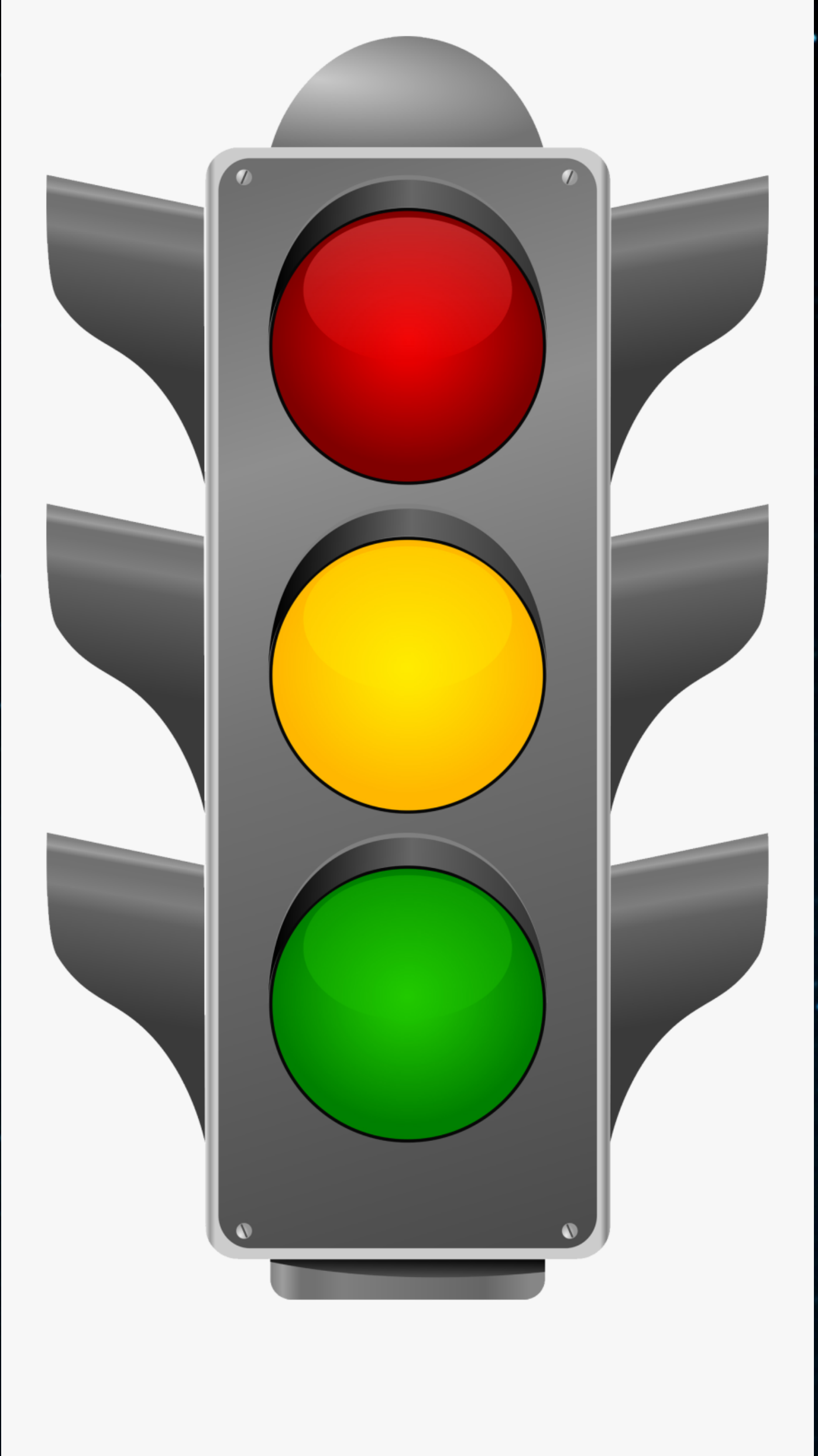
**Insert 2 Min Count Down with contemplative
music**

Psalm 12:3-5 3 May the Lord silence all flattering lips and every boastful tongue—4 those who say, “By our tongues we will prevail; our own lips will defend us—who is lord over us?” 5 “Because the poor are plundered and the needy groan, I will now arise,” says the Lord. “I will protect them from those who malign them.”

Prayer in pain leads to trusting God when we boldly ask for God to respond in prayer

Psalm 102:17-18

“God will respond to the prayer of the destitute; he will not despise their plea. Let this be written for a future generation, that a people not yet created may praise the LORD.”



My Lament:

“I’m turning to you and asking that you...”

**Insert 2 Min Count Down with contemplative
music**

Psalm 12:6-8 6 And the words of the Lord are flawless, like silver purified in a crucible, like gold refined seven times. 7 You, Lord, will keep the needy safe and will protect us forever from the wicked, 8 who freely strut about when what is vile is honored by the human race.

Prayer in pain leads to trusting God when we choose to trust God's promises

“Choosing to trust through lament requires that we rejoice without knowing how all the dots connect. We decide to let God be his own interpreter, trusting that somehow his gracious plan is being worked out even if we can’t see it.”

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Psalm 22:1

“My God, My God, why have you forsaken me?”

Psalm 22:7-8

“All who see me mock me; they hurl insults, shaking their heads. ‘He trusts in the Lord,’ they say, let the LORD rescue him.”

Psalm 22:15

“My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth.”

Psalm 22:15

“My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth.”

Psalm 22:16-18

“16 Dogs surround me, a pack of villains encircle me; they pierce my hands and my feet. 17 All my bones are on display; people stare and gloat over me. 18 They divide my clothes among them and cast lots for my garment.”

Psalm 22:27-28

“27 All the ends of the earth will remember and turn to the LORD, and all the families of the nations will bow down before him, 28 for dominion belongs to the LORD and he rules over the nations.”

Songs in the Night

My Lament:

“God, I am putting my hope in your promises, and I am leaning on you...”

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