

# Isaiah

## 64:1-12





# Learning To Lament Lament

# Biblical Laments

Grieving Death or Loss

Personal Suffering

Personal Sin

Sin in the World

There is a difference between  
complaining against God and  
complaining to God



Lament is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God's goodness.

Lament is a prayer in pain that leads to trust.

-Dark Clouds, Deep Mercy; Mark Vroegop

# 1. Turn To God

If you don't turn to God you may fall into **anger**, which leads to **bitterness** and resentment.





If you don't turn to God you may fall into **denial**, which leads to **coldness** towards God.

# Closed Door of a Wounded Heart



## 2. Complain To God

Jeremiah 2:8

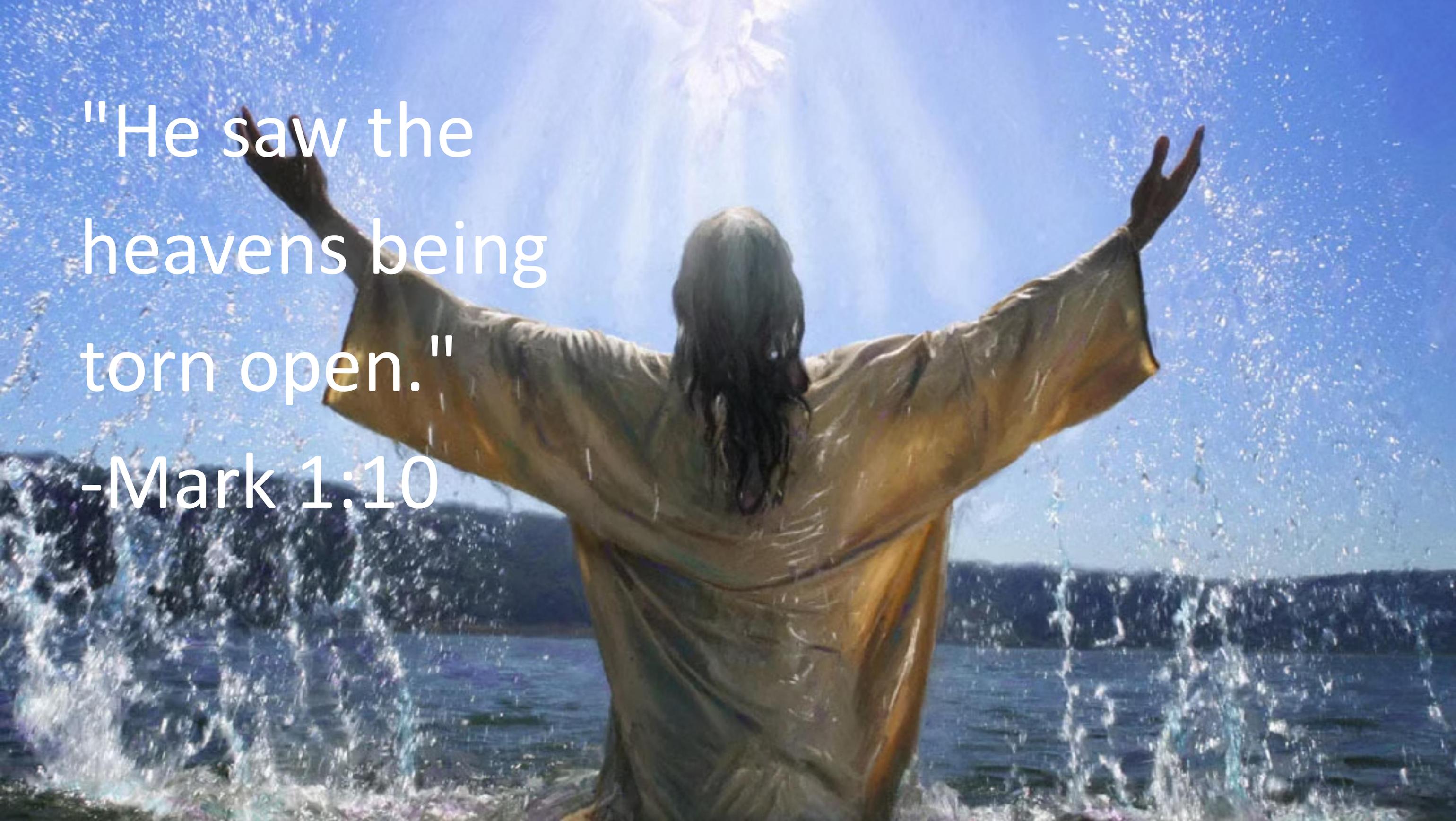
The priests did not say, 'Where is the LORD?'

Those who handle the law did not know me; the shepherds transgressed against me;

# 3. Request of God



# 4. Trust in Christ

A person with long dark hair, wearing a brown, heavy robe, stands with their back to the camera. Their arms are raised high in a gesture of praise or awe. They are standing in shallow water, with splashing water around their feet. Above them, a bright, glowing light emanates from the sky, creating a dramatic, ethereal atmosphere. The background shows a body of water and distant hills under a clear blue sky.

"He saw the  
heavens being  
torn open."

-Mark 1:10

# Application: Begin Studying and Practicing Lament

# Resources for Lament

Sin in the World

Psalm 10, 12

Personal Sin

Psalm 51, 38, 130, 32

Personal Suffering

Psalm 13, 22, 88

Personal Grief

Psalm 31, 34, 71

The Letters  
Of  
Samuel  
Rutherford

