



1 Kings 19:3-4

3 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the desert. He came to a broom [juniper] tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said...

"Many sincere professing Christians suffer in their walk with God because they made a commitment prompted by a feeling of 'need' and not by insight into how things are with God and their soul. Partly because of this faulty basis of commitment, the area of feeling is I suspect, the most likely place of defeat for those sincerely seeking to follow Christ today. Satan uses feelings to captivate us today by making them more important to our life than they really are, as well as by inducing much false guilt about what we do and do not feel." – Dallas Willard

"Lament is a prayer of pain that leads to trust." – Mark Vroegop

➤ **Name what you are feeling**

Lamentations 3:19-20

19 I remember my affliction and my wandering, the bitterness and the gall.

20 I well remember them, and my soul is downcast within me.

➤ **Invite Jesus into it**

Lamentations 3:21-23

21 Yet this I call to mind and therefore I have hope:

22 Because of the Lord's great love we are not consumed, for his compassions never fail.

23 They are new every morning; great is your faithfulness.

➤ **Anchor yourself in the character and promises of God**

Lamentations 3:24-25

24 I say to myself, "The Lord is my portion; therefore I will wait for him."

25 The Lord is good to those whose hope is in him, to the one who seeks him;



Fear	<i>Isaiah 41:10</i> <i>So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.</i>
Worry/ Anxiety	<i>Philippians 4:6-7</i> <i>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God... will guard your hearts and your minds in Christ Jesus.</i>
Grief/Loss	<i>Psalm 34:18</i> <i>The Lord is close to the brokenhearted and saves those who are crushed in spirit.</i>
Anger	<i>Ephesians 4:31-32</i> <i>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.</i>
Loneliness	<i>Deuteronomy 31:6</i> <i>Be strong and courageous. Do not be afraid or terrified... for the Lord your God goes with you; he will never leave you nor forsake you.</i>
Guilt/Shame	<i>Romans 8:1-2</i> <i>Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.</i>
Despair/ Hopeless	<i>Romans 15:13</i> <i>May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.</i>
Stress/ Overwhelmed	<i>Matthew 11:28</i> <i>"Come to me, all you who are weary and burdened, and I will give you rest." – Jesus</i>
Temptation	<i>1 Corinthians 10:31</i> <i>No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear...</i>
Uncertainty	<i>Hebrews 11:1</i> <i>Now faith is confidence in what we hope for and assurance about what we do not see.</i>
Depression	<i>Psalm 42:11</i> <i>Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.</i>
Weak/ Depleted	<i>2 Corinthians 12:9</i> <i>"My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.</i>