A. Many people who are grieving and _________ wish that others would think twice or ________ their _________ before saying something in an effort to comfort or encourage those going through a terrible loss.

B. The subject of grieving is one that doesn’t receive enough _________ and it is a _________ and _________ that all of us need to develop.

C. Why are the words _________ _________ and oxymoron?

D. Life is full of _________ and _________, there is no way to avoid it.

E. Will we experience grief in a way that is _________ and helpful, or unhealthy and _________?

F. Mark Vroegop asked ______ Eareckson ______ to write the foreword for his book.

G. Mark Vroegop began his introduction: “Learning to lament began on my _______. ‘No, Lord, please not ________!’ he pleaded.”

H. Their baby, only a few ______ from entering this world and their lives, had ______.

I. In the midst of his pain, he began to find words and phrases in the ________ that captured the _________ of his heart.

J. During that year-long journey through grief, he discovered a _____-key language for his suffering that we might call “_________ ________.”

K. Learning to lament will help all of us to learn to navigate the ______________ of our ________.

L. All of our losses cause us _________ and _________.

M. Mark Vroegop discovered that many Christians were both _________ and _______.

N. While trying to find and explanation for loss or a quick solution for grief may be an admirable goal, it can cause us to circumvent the opportunity afforded in lament—which is to give a person permission to _________ with sorrow instead of trying to _________ to the end of it.

O. Psalm 13 is a good place to start to learn the ______________ of ________.

P. From this Psalm of lament and from other laments in Scripture, we learn how to give _________ to our pain and move toward God-centered _________ and trust.

Q. “Lament is how you live between the poles of a _________ _________ and trusting in God’s sovereignty.” Mark Vroegop

R. One thing I know for sure is that we _________ ________.

S. Borrowing the outline of Mark Vroegop’s book, I hope that we will learn _______ to lament, what we can _________ from lament, and how to _________ with lament.

T. As we learn these lessons of lament, I hope we will see that these lessons can be applied to the many _________ ________ of suffering and grief we face in our lives.