Good Grief: Expressing Grief, Finding Grace

“Living with Lament”
David Owens
Psalm 25:1-5

9/20/20

A. Learning to lament the _________ and losses in our lives is one of the most helpful and _________ things we can do for ourselves and others.

B. When the body of Christ is healthy and strong, then the life in Christ we share together includes: “_________ with those who _________, and __________ with those who _______” (Rom. 12:15; 1 Cor. 12:26).

C. I hope that we all have come to understand how lament enables us to receive God’s _________ in the midst of _________ clouds.

D. Esther Fleece says in her book No More Faking Fine, “Spiritual maturity does not mean living a lament-less life; rather, it means we grow into becoming _________ lamenters and thus grow in our _________ for God.”

E. Mark Vroegop shares the reasons why we should lament when we are grieving, because lament is:
   1. A language for _________.
   2. The solution for ___________.
   3. A category for expressing ___________.
   4. A framework for ___________.
   5. A process for our _________.
   6. A way to ___________.

F. One of the obvious and primary applications for lament come when people experience the _________ of _________ ones.
   1. As we come along side people at that time, what they often need most from us is _________.
   2. Nicolas Woltersorff, in his book, Lament for a Son, said: “What I need to hear from you is that you recognize how _________ it is. I need to hear from you that you are with me in my desperation. To comfort me, you have to come close. Come sit beside me on my mourning bench.”
   3. When we lament with them it brings ___________ because we come in close and refuse to pretend that “everything’s _______.”

G. I want to discourage us from thinking of lament as something to be reserved only for the times of _________ loss or crisis; rather, I want to encourage us to employ it in our ___________ lives filled with _________ intense situations.
   1. When we practice lament in the more common frustrations and less severe sorrows it not only brings ___________, but it also helps us develop a fluency in the language of _________.

H. Ultimately, regardless of the source of the pain, lament is always the God-given _________ through _________.