Lament Poems in the Bible:
- A form of protest
- A way to process emotion
- A place to voice confusion.

Lament poems restore a sacred dignity to human suffering.

1. Lady Zion’s Grief & Shame
   - Look, O Lord, on my distress!
   - Jerusalem personified as the Daughter of Zion
   - The city’s destruction - the death of a loved one

2. The Fall of Jerusalem & God’s Wrath
   - Divine Wrath ≠ Volatile Anger
   - God is slow to anger but will judge human evil.

3. The Suffering One
   - Lord, I call on your name!
   - Because of the Lord’s covenant faithfulness, we do not perish. His mercies never fail.
   - They are new every morning. How great is your faithfulness, O God.

4. The Siege of Jerusalem
   - Job’s Lament (41:14)
   - Psalm 13:3

5. Communal Prayer for God’s Mercy
   - Lament on behalf of others
   - Remember, O Lord, look on our disgrace!

The book ends with a paradox.

God’s judgment becomes the Seedbed of Hope.