



UNDERSTANDING AND PRACTICING REDEMPTIVE LAMENTING

The Biblical poems of lament validate the expression of our raw emotions in the context of a relationship with God. Because of this, such prayers, even those that express hurt by the hand of God, are ultimately rooted in faith.

THE WORK OF LAMENT



Allows us to come to God as we are, not as we "should" be



Deepens our faith and intimacy with God



Teaches empathy and burden bearing



Leads to a more true hope

SACRED WRESTLING



Take notice of scripture that does not resonate with your current circumstances, or may feel untrue.

Choose to honor your feelings of conflict. Schedule a time to be alone with God and the Bible

Choose a Psalm of Lament that best describes your feelings towards God. (Ex. Psalm 10, 13, 22, 44, 88 & 89)
Use this as your opening prayer.

Read the portion of scripture that causing a conflict within you slowly and prayerfully



In the spirit of the Lamenting Psalms, cry out to God about the circumstances of your life that are a contrast to the verses you're questioning.

Consider using your physical body for this complaint (ex. pacing, yelling, crying, wringing hands, etc.)

Meditate on conflicting scripture again.
Enter a time of surrender.

You may be silent before God, or it may be helpful to prayerfully repeat scripture such as "not my will but yours be done," or "Your ways are not my ways." You can also repeat a helpful prayerful phrase such as "You are God, I am not," or "I surrender."



Repeat these steps until there is a sense of true surrender in which you have exchanged your truth for God's Truth.

End with a recognition of God's goodness, if you are able.