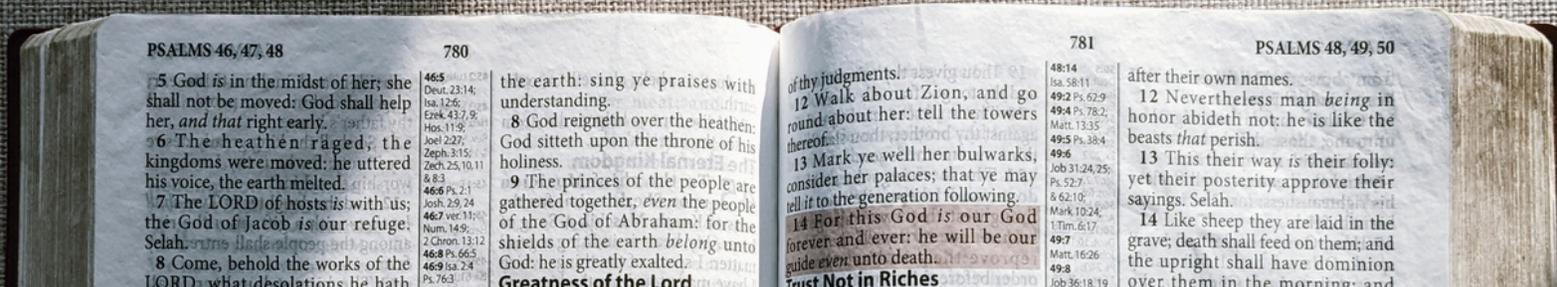


# Sermon Weekly Devotions



## Learning to Lament

### Day 1: The Invitation to Lament in a Broken World

God does not ask us to fly over our pain but to walk directly through it. He understands the deep sorrows and frustrations that life in a broken world brings. The scriptures are filled with examples of faithful people pouring out their raw emotions before the Lord. He already knows the hurt you carry and invites you to bring it to Him honestly. This is the first step toward receiving His comfort and healing. [[37:21](#)]

“My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning?” (Psalm 22:1 ESV)

Reflection: What is one specific situation or memory in your life that you have been tempted to simply “fly over” or ignore, rather than bringing its pain honestly before God?

### Day 2: Complain, Appeal, and Remind in Prayer

The pattern of biblical lament involves three key movements: complaining to God about what is wrong, appealing to His loving and faithful character, and reminding Him of His promises. This is not because God has forgotten, but because we need to hear and remember these truths ourselves. This honest dialogue forms the substance of a trusting relationship with our Father who cares. [[47:22](#)]

“I cry aloud to God, aloud to God, and he will hear me. In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. I will remember the deeds of the Lord; yes, I will remember your wonders of old.” (Psalm 77:1, 2, 11 ESV)

Reflection: In your current season, which of these prayer postures—complaining, appealing, or reminding—do you find most difficult, and what would it look like to practice it this week?

### **Day 3: Looking to the Cross in Our Suffering**

Our ultimate hope in lament is found by looking beyond our present circumstance to the cross of Jesus Christ. He Himself entered into the deepest agony and feeling of forsakenness, crying out "Why?" on our behalf. In His suffering, He took upon Himself all our pain, shame, and brokenness, assuring us that we are never alone in our darkest valleys. [[49:18](#)]

"He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. Surely he has borne our griefs and carried our sorrows." (Isaiah 53:3-4a ESV)

Reflection: How does knowing that Jesus personally experienced the cry of "Why?" change the way you bring your own questions and sorrows to God?

### **Day 4: The Promise of God's Faithful Presence**

The answer to the "why" of suffering may remain a mystery, but the answer to "where" is God is crystal clear: He is with us. He is Emmanuel, God with us, in every moment of pain and confusion. He promises to walk through the valley with you, never leaving you to face your grief alone. His presence is the comfort that sustains us through the long nights. [[52:16](#)]

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4 ESV)

Reflection: Where do you most need to be reminded of God's faithful presence with you today, and what tangible reminder of His promise can you hold onto?

### **Day 5: The Certain Hope of a Joyful Morning**

Lament does not have the final word for those who are in Christ. Because Jesus rose from the grave, we have a sure and certain hope that a joyful morning is coming. Our current sorrow, though real and deep, is temporary. He will return to make all things new, wiping away every tear and restoring all that has been lost. This future hope anchors us in our present grief. [[55:07](#)]

"Weeping may tarry for the night, but joy comes with the morning." (Psalm 30:5b ESV)

Reflection: What is one glimpse of the "joyful morning" that you can hold onto—a promise from Scripture or a past experience of God's faithfulness—to encourage your heart today?