

PRAYER



PRAYER

Oh Lord our God,
To you we cry out,
To you we run,
For where else would we go?

We feel the weight of our broken world,
Through wars, famines, and disasters,
In injustice, hatred, and oppression.
The nations desperately need your deliverance.

We weep at our own brokenness
For the guilt, shame, and pain we feel
Weighed down by sin, held back by fear
We mourn our distance from you.

Be near to us, Oh God
Remember not our sin or failures
Reveal your Kingdom to our hearts and our community
Restore us to an awareness of your presence.

But, we have experienced your grace
And we will experience your restoration
Through your atoning death our sins are forgiven
And in your return we will be made whole.

Missio Dei Falcon, A Prayer of Lament

WARM UP (OPTIONAL)

Do you have a trusted friend or relative who brings a smile to your face when you spend time with them? If so, who might they be, and what is it about them that brings you a smile?



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WORD

¹ O Lord, rebuke me not in your anger, nor discipline me in your wrath. ² Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled. ³ My soul also is greatly troubled. But you, O Lord—how long? ⁴ Turn, O Lord, deliver my life; save me for the sake of your steadfast love. ⁵ For in death there is no remembrance of you; in Sheol who will give you praise? ⁶ I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. ⁷ My eye wastes away because of grief; it grows weak because of all my foes. ⁸ Depart from me, all you workers of evil, for the Lord has heard the sound of my weeping. ⁹ The Lord has heard my plea; the Lord accepts my prayer. ¹⁰ All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.

PSALM 6:1-10

³ And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. ⁴ He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

REVELATION 21:3-4

"So, think of it this way to cry is human, but to lament is Christian. And the reason for that is because lament, by definition, is a prayer that people offer to a sovereign God when life doesn't fit with what they know to be true about Him, or the coming of Jesus, or the coming of justice, or the coming of God's promises seem to be delayed.

Laments usually involve four key elements. Now, it's poetry, it's music, so those of you who are sort of analytical people, don't look at this and be like, if you have this, then this, then this, then this. These overlap sometimes; not all of the elements are there, but in general, laments involve these four key elements.

A turning to God in prayer. So, in my pain, I choose to keep talking to Him, I lay out my complaint, I ask boldly, and I choose to trust. Or, very simply, turn, complain, ask, trust. Turn, complain, ask, and trust. And I found, from my own life in pastoral ministry, this is a very helpful prayer language that I can pull and redeploy into my life when I'm struggling with God.

'This does not make sense to me and I want to be thankful, but I don't know how to restart my heart towards thankfulness this morning. I know I'm supposed to rejoice in all circumstances, but today, I don't know that your promises are as true to me in my feelings as what they were yesterday.'

So what lament does is it allows us to do a couple of things. Lament allows us to vocalize our sorrows, we're able to talk about the rumblings of our souls, lament helps

us to be able to empathize with other people, to be able to come alongside them, and to weep with those who weep. And lament allows us to memorialize particular lessons so that we will not forget.

Why? Because you learn more at funerals than you do at parties. And Lamentations is meant to remind you there are big, important lessons that you ought to learn because of sorrow. So, here's the deal. I think that Christians could serve their communities, their small groups, their churches really well by helping people interpret the brokenness of the world through a lens of God's goodness, if they would yet choose to lament. I think lament is the language that helps a culture to understand, "We know the problem, we know the king, and we know what to say in this moment. It's lament."

- [Mark Vroegop, Discover the Grace of Lament](#)

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1-10 (1 = not at all; 10 = extremely), how honest do you think you can be when you pray to God when you are going through extreme hardship? Why have you rated yourself this way?
2. When you go through hardship and suffering, what are some things you immediately do?
3. Mark Vroegop in his book, [Dark Clouds, Deep Mercy: Discovering the Grace of Lament](#), mentions four facets of lament as a style of prayer and worship to reply when you struggle with God: Turn (to God), lay out your complaint towards him, ask boldly, and choose to trust him. Of these four (TURN, COMPLAIN, ASK and TRUST) being done towards God, which do you find the easiest and which do you find the hardest?
4. After learning about lamenting, would it be something that you would consider doing on a regular basis with God? Why or why not?
5. If you are not yet a follower of Jesus, would you choose today to trust him? Will you enable him to have all authority as the one who calls the shots in your life? Would you like to enter into a saving relationship with God through Jesus?

Ask your Life Group leader to lead you in prayer to receive Christ. You can pray this prayer:

Dear Lord Jesus, I know that I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. I turn from my sins and invite you to be the master of my life. I want to trust and follow you as my Lord and Saviour. I declare that I am yours, and you are mine. In Jesus' name, Amen.