

### **Learning the ABC's of Lament**

*Just like when we learn to first talk by mimicking, the Psalms give us the ABC's of being honest with ourselves and God. They provide examples we can mimic in our own prayers of lament.*

○ **A** \_\_\_\_\_

○ **B** \_\_\_\_\_

○ **C** \_\_\_\_\_

#### **Psalm 13**

<sup>1</sup>O Lord,  
how long will you forget me? Forever?  
How long will you look the other way?  
<sup>2</sup>How long must I struggle with anguish in my soul,  
with sorrow in my heart every day?  
How long will my enemy have the upper hand?  
<sup>3</sup>Turn and answer me, O Lord my God!  
Restore the sparkle to my eyes, or I will die.  
<sup>4</sup>Don't let my enemies gloat, saying, "We have defeated him!"  
Don't let them rejoice at my downfall.  
<sup>5</sup>But I trust in your unfailing love.  
I will rejoice because you have rescued me.  
<sup>6</sup>I will sing to the Lord because he is good to me.

### **Laments by Specific Topics in the Psalms**

#### **Enemy:**

Attack- 2, 3, 9-10, 31, 35, 38, 42-43, 62, 70, 83, 140-144

Speech- 2-4, 12, 22, 31, 35, 42-44, 64, 102, 140

Wicked- 35, 38, 42-43, 52, 55, 58-59, 71, 74, 109, 140

Against God- 2, 3, 42-43, 79-80, 83

#### **Self:**

Sorrow or Distress- 4-6, 13, 22, 25, 42-43, 55-57, 74, 79-80, 88, 90, 102, 109, 120, 142

Physical Pain, Illness- 6, 22, 31, 38, 89, 102

Sin- 25, 38-39, 51, 69, 90, 130

Protests Innocence- 5, 9-10, 17, 26, 28, 44, 59, 61, 71, 108-109

Alone- 38, 69, 88, 142

#### **God:**

Absent or Delayed- 6, 8, 13, 22, 42-43, 44, 60, 69, 79-80, 88-90

Anger- 6, 38, 60, 74, 77, 79-80, 88-90, 102

Sense of Separation- 39, 80, 108

### **Writing Your Own Personal Lament**

*"In the Psalms, it is not those who lack faith who lament but those recognized for their strong faith who bring their most honest and passionate feelings to God." -Glenn Pemberton, Hurting with God (p. 33)*

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#### **The ABC's of Lament**

- + A ddress God**
- + B e Honest, Vulnerable, Real, Raw with God**
- + C onfess/Connect with God's Character**