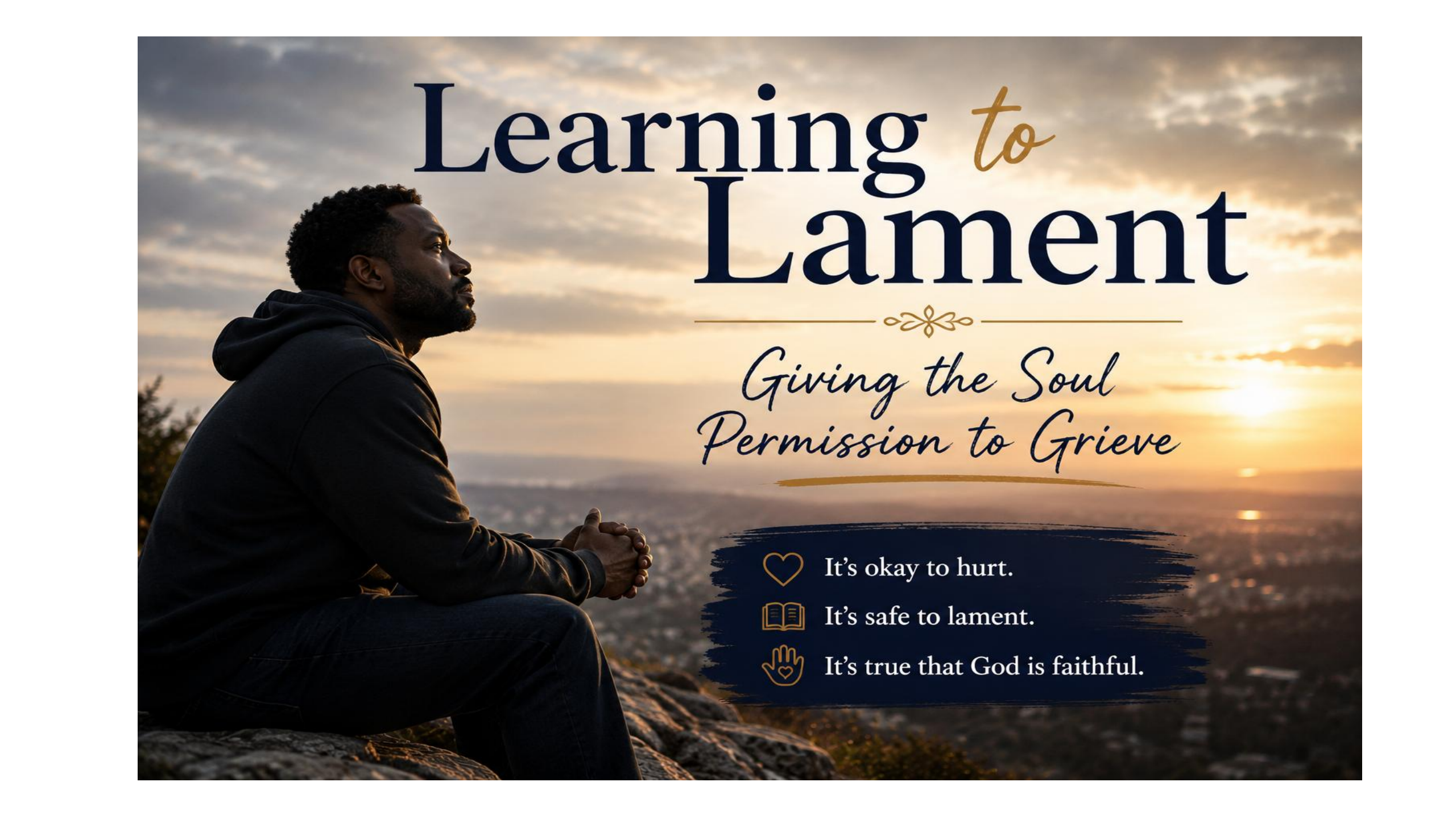




Learning *to* Lament

*Giving the Soul
Permission to Grieve*



It's okay to hurt.



It's safe to lament.



It's true that God is faithful.



THE HEBREW WORD



איכה

EICHAH



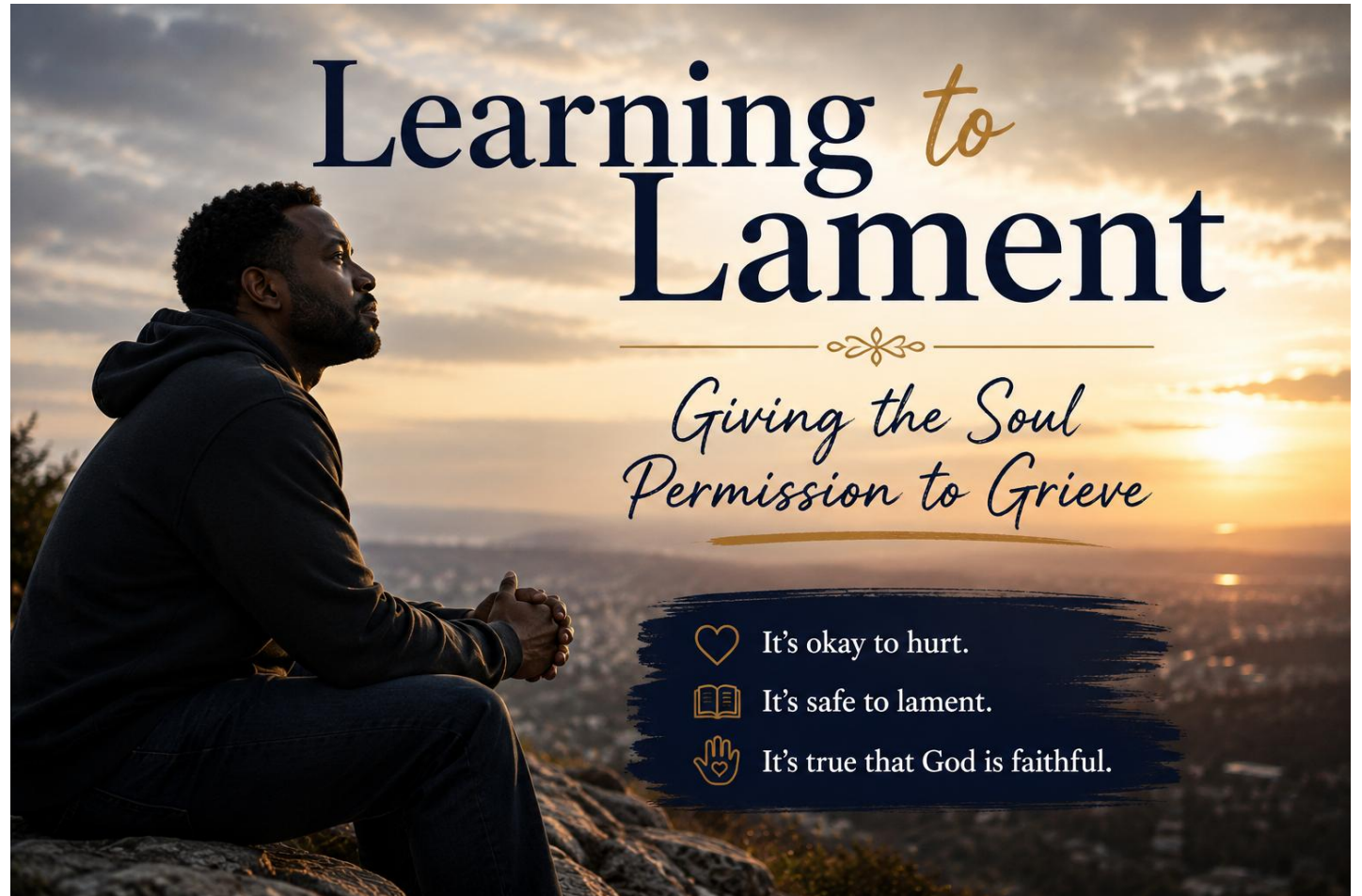
IT MEANS “HOW?” OR “WHY?”

A cry of the heart.

A question before God.

A refusal to pretend.

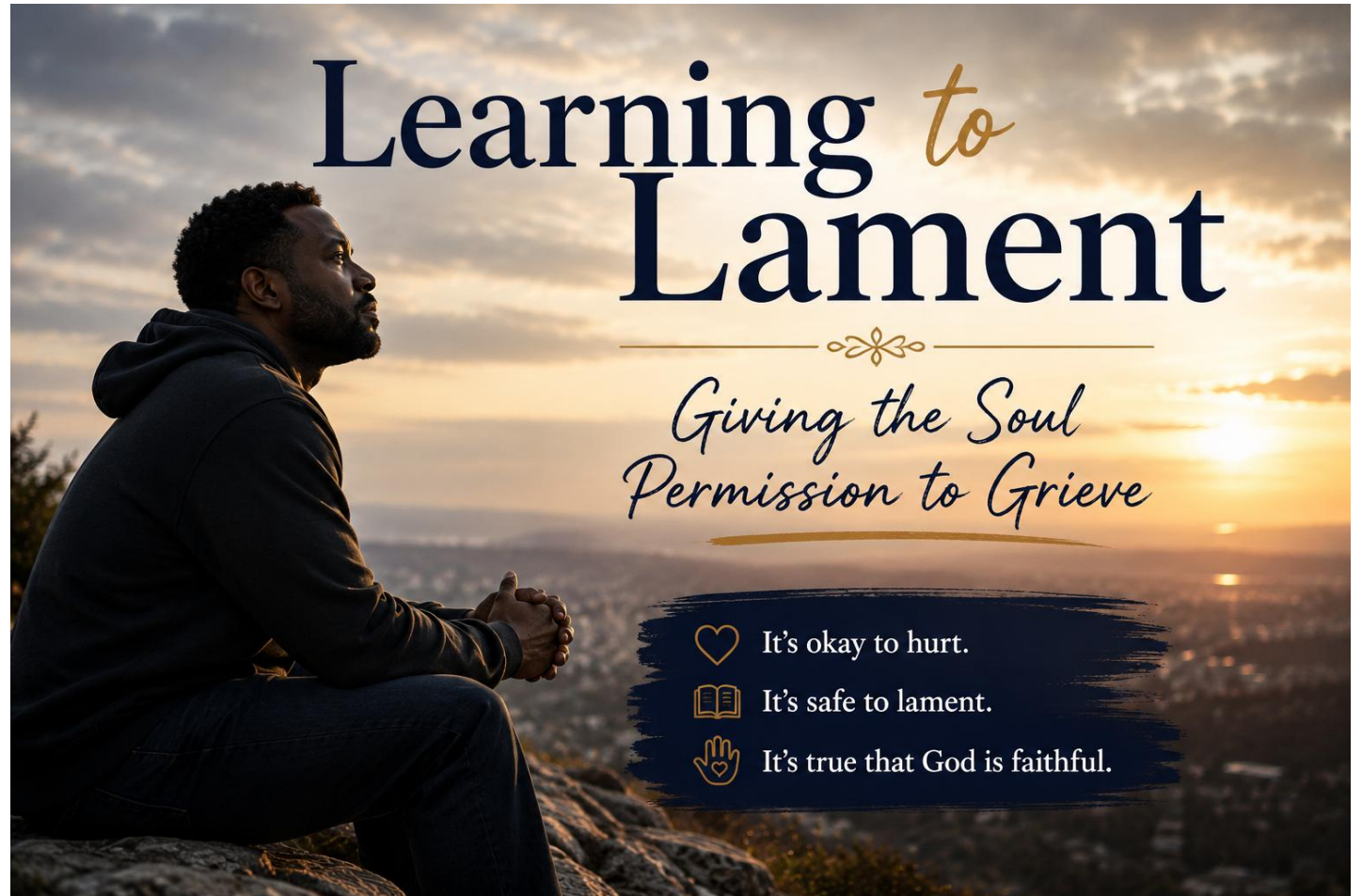
I. Name the Situation Honestly



- **Lamentations 1**
- **King James Version**
- **1 How doth the city sit solitary, that was full of people! how is she become as a widow! she that was great among the nations, and princess among the provinces, how is she become tributary!**
- **² She weepeth sore in the night, and her tears are on her cheeks: among all her lovers she hath none to comfort her: all her friends have dealt treacherously with her, they are become her enemies.**

- **¹⁹ Remembering mine affliction and my misery, the wormwood and the gall.**
- **²⁰ My soul hath them still in remembrance, and is humbled in me.**
- **²¹ This I recall to my mind, therefore have I hope.**

II. Lament the
Loss and Lean
into Hope
simultaneously



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- **²² It is of the LORD's mercies that we are not consumed, because his compassions fail not.**
- **²³ They are new every morning: great is thy faithfulness.**
- **²⁴ The LORD is my portion, saith my soul; therefore will I hope in him.**

Lamenting

A PRAYER IN PAIN

Why, Lord?
This hurts.
I don't
understand.
I'm tired.
Help me.

THAT LEADS TO
Trust.

I WILL TRUST YOU,
EVEN HERE.
YOU ARE GOOD.
YOU ARE FAITHFUL.
I WILL HOPE IN YOU.

THE LORD IS
MY PORTION;
THEREFORE
I WILL HOPE
IN HIM.

LAMENTATIONS 3:24

