


# Lament



Life. Loss. *Hope.*

A Gateway Collection

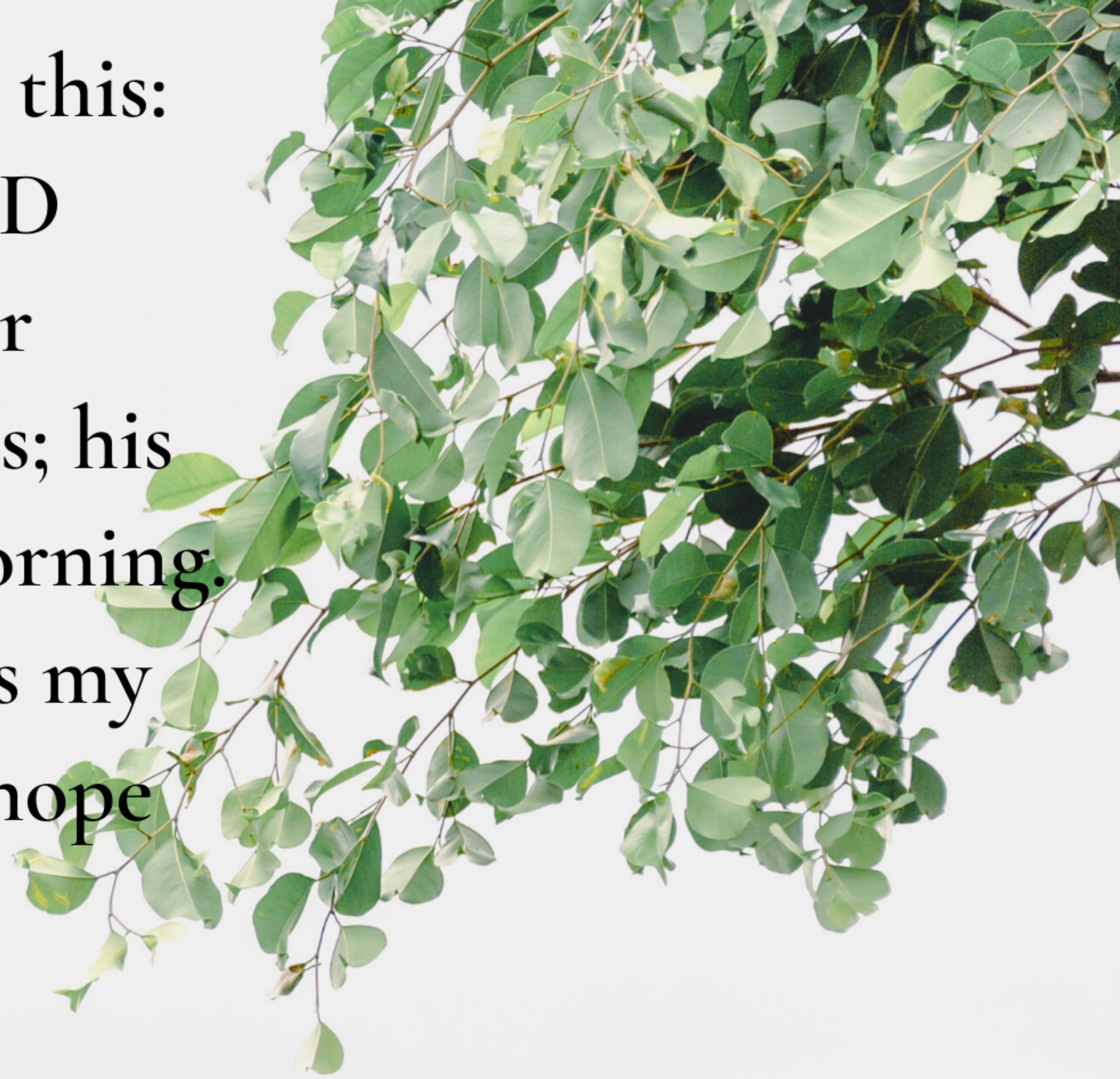
To cry is human.  
To *lament* is christian.

NEXT 

When you hear *lament*, what comes to mind?  
When you hear *lament*, what feelings emerge?


NEXT 

“Yet I still dare to remember this:  
The faithful love of the LORD  
never ends! His mercies never  
cease. Great is his faithfulness; his  
mercies begin afresh each morning.  
I say to myself, ‘The LORD is my  
inheritance; therefore I will hope  
in him!’”



Lamentation 3:21-24 NLT

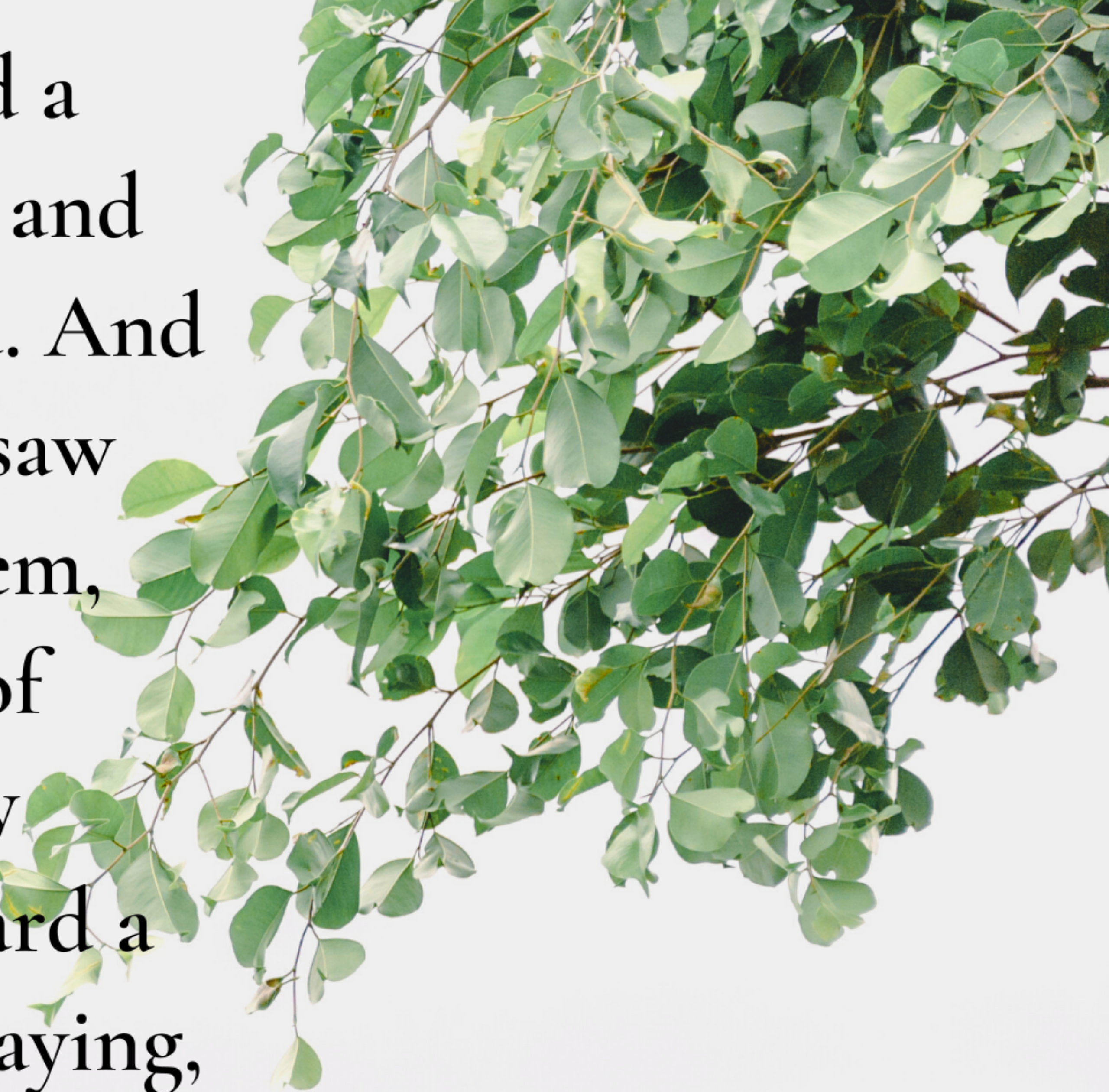
How do we see God at  
work in our loss?

NEXT 

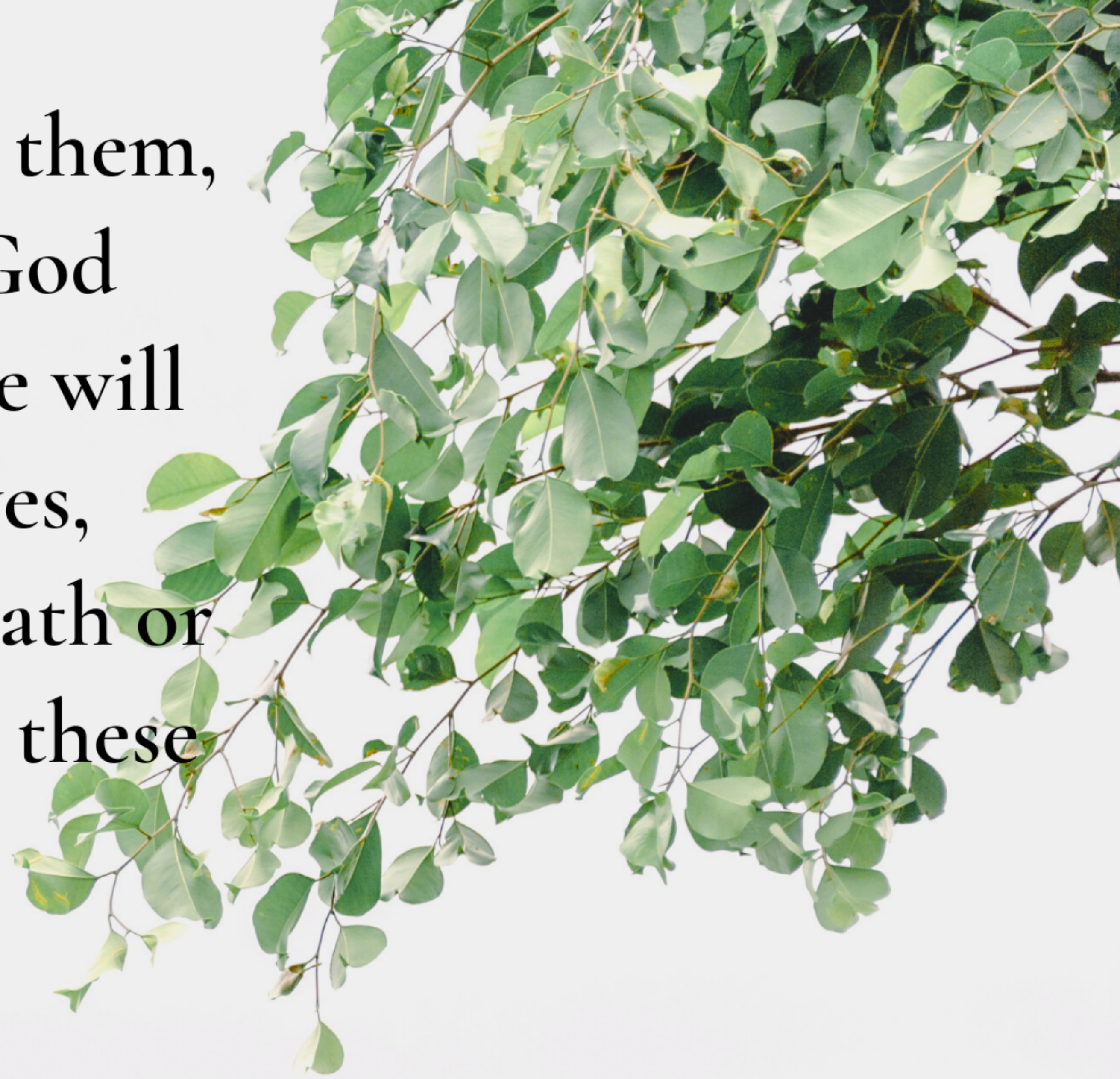


# What is lament?

“Then I saw a new heaven and a new earth, for the old heaven and the old earth had disappeared. And the sea was also gone. And I saw the holy city, the new Jerusalem, coming down from God out of heaven like a bride beautifully dressed for her husband. I heard a loud shout from the throne, saying, “Look, God’s home is now among



His people! He will live with them,  
and they will be his people. God  
himself will be with them. He will  
wipe every tear from their eyes,  
and there will be no more death or  
sorrow or crying or pain. All these  
things will be gone forever.”



Revelation 21:1-5 NLT



# What is lament?

*(v.) - to mourn deeply*

*(n.) - an expression of sorrow*

- lament is a prayer in pain,  
that leads to trust

- lament is how we keep hope  
alive



# What is lament?

- lament is anchored in the goodness of God
- lament is healing and protest



# How do we lament?

Lament as praise.

*“When we experience pain beyond belief, we need to praise beyond logic.”*



## COMPLAINING

Leads to becoming depressed, isolated, anxious, grumpy, or emotionally reactive.

## HEALTHY LAMENT

Facilitates grieving, seeking empathy, peace, speaking the truth in love.



# How do we lament?

Lament as praise.

Lament as prayer.

NEXT



# How do we lament?

Lament as praise.

Lament as prayer.

Lament as participation.

Lament as pathway.

Lament as proof.

Lament as provision.



# What should I do?

- Say yes to lament
- Turn to God & others
- Be honest
- Stay hopeful
- Trust (*Pray. Talk. Live.*)



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