

PART TWO

Shadowlands

LIVING IN THE LAND OF LAMENT

Land of Lament

SERIES BIG IDEA:

We experience grace in loss when we turn to and trust in God.

Life is full of loss.

Loss leads to grief and sorrow.

Myth: As a Christian everything has to be okay.

Truth: It is okay to not be okay.

When we live in the shadowlands of grief and sorrow, we need to learn to lament.

Lament is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God's goodness.

Mark Vroegop, "Dark Clouds Deep Mercy" (p. 26)

We lament with each other to comfort one another in loss.

Pain is a microphone. And the more it hurts, the louder you get. Suffering isn't an obstacle to being used by God. It is an opportunity to be used like never before.

Levi Lusko, "Through the Eyes of a Lion" (p. 108)

When we learn to lament, our pain becomes our microphone of God's goodness.

TEACHING BIG IDEA:

Turn. Complain. Ask. Trust.

Turn to God and address Him in prayer.

¹I cried out to God for help; I cried out to God to hear me.

²When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted.

Psalm 77:1-2 (NIV)

Complain to God about your pain.

³I remembered you, God, and I groaned; I meditated, and my spirit grew faint.

⁴You kept my eyes from closing; I was too troubled to speak.

Psalm 77:3-4 (NIV)

- **Pray my pain.**

⁷"Will the Lord reject forever? Will he never show his favor again?"

⁸Has his unfailing love vanished forever? Has his promise failed for all time?"

⁹Has God forgotten to be merciful? Has he in anger withheld his compassion?"

Psalm 77:7-9 (NIV)

- **Pray my doubts and questions.**

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Ask God boldly for His help.

¹⁰Then I said, "I will appeal to this, to the years of the right hand of the Most High."

¹¹I will remember the deeds of the Lord; yes, I will remember your wonders of old.

¹²I will ponder all your work, and meditate on your mighty deeds.

Psalm 77:10-12 (NIV)

Trust that God's will is good.

¹³Your ways, God, are holy. What god is as great as our God?

¹⁴You are the God who performs miracles; you display your power among the peoples.

¹⁵With your mighty arm you redeemed your people, the descendants of Jacob and Joseph.

Psalm 77:13-15 (NIV)

- **Our trust is anchored in the gospel of Jesus.**

Personal Lament: Psalms 3, 4, 5, 7, 10, 13, 17, 22, 25, 26, 28, 31, 39, 42, 43, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 120, 141, 142

Corporate Lament: Psalms 12, 44, 58, 60, 74, 79, 80, 83, 85, 90, 94, 123, 126

Repentant Lament: Psalms 6, 32, 38, 51, 102, 130, 143

Imprecatory (Justice) Laments: Psalms 35, 69, 83, 88, 109, 137, 140



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TEACHING SUMMARY:

Life is full of loss. At times, the loss can be overwhelming. When we learn to lament, we can grow through our pain and allow our suffering to draw us closer to God.

The scriptures are full of laments. Lament is the language of a broken heart in the shadowlands of grief and sorrow. When we learn to lament, by working through the four steps that are the pattern for many of the scriptural laments, we find healing.

Our circumstances don't change in lament. Instead, we will experience God's grace in the middle of our loss, sorrow, and grief.

TALK IT OVER:

- What stood out to you from today's teaching?
- How would you summarize the teaching in a sentence or two?
- What did you learn about Jesus in this teaching?
- What did you learn about people/humanity in this teaching?
- What is God asking you to do, be, embrace, change and/or believe from this teaching?

DAILY BIBLE READINGS:

Mon: Philippians 4:4-6

Tue: John 14:25-27, John 16:33 ("in me")

Wed: Proverbs 3:5-6

Thu: 1 Thessalonians 5:16-18

Fri: Matthew 26:36-43

Sat: Luke 18:18-19; John 16:20-28