

# Lament: A Surprising Foundation of Hope

## Sermon Notes:

- I. Introduction: an example of lament
  - a. They are honest
  
- II. Why lament?
  - a. Psalm 88
    - i. We must share our whole selves
    - ii. We cannot be afraid of our doubts, grief, or anger
    - iii. More than a third of the Psalter consists of laments
  
- III. What happens when I lament?
  - a. A boy and a dog
    - i. Your honest brokenness qualifies you to be chosen by Jesus
      1. (Jesus qualifies us to share in the kingdom through his death and resurrection. What I mean by qualify is that when we acknowledge our brokenness, Jesus enters into it and redeems it. When we fail to recognize our brokenness, we offer nothing to be redeemed. We see this played out throughout Jesus' ministry...Matt 9:13; 21:28-32; Luke 15:7; 18:9-14)
  - b. The difference between a cure and healing is that healing takes time, and is relational – Rachel Held Evans
  - c. Lament is the opportunity to live incarnationally
  
- IV. How to lament
  - a. Body & spirit
  - b. Ben's examples
  - c. In the darkest place, in a garden in the middle of the night, facing his impending death, Jesus fell (body) with his face to the ground and cried out in anguish (spirit). Hours before he would shed his blood for us, he shed his blood in that garden with us...that gives me hope.

## Discussion Questions:

### Sharing Life Together:

1. What do you miss at the moment?
2. There's more to life and our world than COVID-19. Is there another difficult situation that you are having to face right now?

### For Reflection:

1. Are you more of a thinker or a feeler? In what ways can you approach lamenting as a thinker or feeler?
2. What language or emotion in Psalm 88 resonates with you? Why does it resonate?
3. Ben said that we must be willing to share our whole selves. What is one or more obstacle to doing this?
4. God enters into the darkest places with us, to deliver us and also to be present with us. We see this done in the story of Jesus raising Lazarus from the dead (John 11). Ralph mentioned a couple weeks ago that Jesus offered Martha and Mary truth and tears in that moment, before the deliverance came. In what ways, when you're in a dark place, do you need truth? In what ways do you need tears?
5. It's easy to pretend that we aren't broken, especially in front of others. Revealing our brokenness, at the right times, is a declaration of our need for Jesus. How can you declare your need for Jesus right now?
  - a. Remember, whether you're alone right now or with others, everyone there needs Jesus. We are broken together.
6. Ben shared about throwing and poetry as ways he connects his body with his spirit. But there are a lot of ways. You can connect your breathing with your feelings. You can simply upturn your palms as you lament. You can kneel, lay on the ground, or even slouch in a chair. You can pace as you express your anxiety to God.
  - a. What are some ways you can connect your body and spirit in lament?
7. What brings you hope?