

“Good Grief!”

What Lamentations Teaches us about Grieving

- Lamentations provides for us on a national level what Job addresses at a personal level regarding the problem of p_____ & s_____.
- Lament means...
- *“Lament is what happens when people ask ‘_____?’ and don’t get an answer.”*
- Occasions when we find God ‘grieving’ –
The Father –
The Son –
The Holy Spirit –
Grieving is part of the human spectrum of emotion because we are made in the image of God.
- The lesson learned for the structure (the acrostic):
- The lesson learned from the Scripture –
 - 1) It is good to w_____ for God and submit to Him...
 - 2) It is good to hope in God...
 - 3) It is good to a_____ God’s goodness and mercies.

THE POINT: “Lament gives you an opportunity to embrace the hurt of life with God’s heart of love.”

RESPONSE – being ‘doers’ of the Word (James 1:22):

A first step in communal lament is to **Rehearse It**, to review the circumstances...repetition forces us to sit with our grief. Jeremiah does this in Lamentations by penning an ‘alphabet of suffering,’ composing a list of pain for every letter of the Hebrew alphabet. Your opportunity...an application of this message...is to rehearse your grief and pain in the same way. Take the time in review to compose your own ‘alphabet of suffering’ from either your own life or our shared life at First Free. It will be even more valuable if you do so with others who have shared the experience(s):

A –
B –
C –
D –
E –
F –
G –
H –
I –
J –
K –
L –
M –
N –
O –
P –
Q –
R –
S –
T –
U –

V –

W –

X –

Y –

Z –

From TRUTH through TRACTION to TRANSFORMATION:

What did God say to you today? [Assess]

What will you do about it? [Address]

With whom will you share this...and when? [Apply]