*Mark 15:34 “my God, my God, why have you forsaken me?”*

Lament, the journey through our sorrow, is a regular part of our lives and a vital part of the church.

**In your suffering, turn to lament.**

1) Grieve and Complain

*I cry aloud to God,*

*aloud to God, and he will hear me.*

*2 In the day of my trouble I seek the Lord;*

*in the night my hand is stretched out without wearying;*

***my soul refuses to be comforted.***

*3 When I remember God, I moan;*

*when I meditate, my spirit faints. Selah*

*4 You hold my eyelids open;*

*I am so troubled that I cannot speak.*

*5 I consider the days of old,*

*the years long ago.*

*6 I said, “Let me remember my song in the night;*

*let me meditate in my heart.”*

*Then my spirit made a diligent search:*

*7 “Will the Lord spurn forever,*

*and never again be favorable?*

*8 Has his steadfast love forever ceased?*

*Are his promises at an end for all time?*

*9 Has God forgotten to be gracious?*

*Has he in anger shut up his compassion?” Selah*

2) Remember

*10 Then I said, “I will appeal to this,*

*to the years of the right hand of the Most High.”*

Step 2 is to remember who God is and what He has done. Remember that He is faithful.

*11 I will remember the deeds of the LORD;*

*yes, I will remember your wonders of old.*

*12 I will ponder all your work,*

*and meditate on your mighty deeds.*

*13 Your way, O God, is holy.*

*What god is great like our God?*

*14 You are the God who works wonders;*

*you have made known your might among the peoples.*

*15 You with your arm redeemed your people,*

*the children of Jacob and Joseph. Selah*

3) Trust

*16 When the waters saw you, O God,*

*when the waters saw you, they were afraid;*

*indeed, the deep trembled.*

*17 The clouds poured out water;*

*the skies gave forth thunder;*

*your arrows flashed on every side.*

*18 The crash of your thunder was in the whirlwind;*

*your lightnings lighted up the world;*

*the earth trembled and shook.*

*19 Your way was through the sea,*

*your path through the great waters;*

*yet your footprints were unseen.*

You can feel the depths of your sorrow. AND trust in God.

**Lament does not mean the pain goes away.**

**Lament opens your eyes so you can see the arms of God that have been embracing you the entire time.**

NOTE: \*band comes up and plays pad after I say this ^

*20 You led your people like a flock*

*by the hand of Moses and Aaron.*

In your suffering, turn to lament.

NOTE: \*the last song is to be “Same God” started when I end