

# The Healing Power of Lament

Scripture Focus: Psalm 13:1–2

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*“How long, O Lord? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, having sorrow in my heart daily?” —Psalm 13:1–2*

## 1. What does it mean to LAMENT?

**Lament is GRIEF left at the feet of the One who has the power to do something about it.**

It is a sacred expression of sorrow, complaint and protest—an honest cry of pain directed *toward* God, not *away from* Him. It's where grief and faith meet. It includes complaint, questions, requests, trust and hope.

Unlike venting into the void, lament is **relational**. It says, “God, I’m hurting—but I’m still talking to You.”

**Lament is honestly acknowledging the terrible awful in your situation**

God does not ask us to clean ourselves up before coming to Him. He doesn't shy away from our mess. Psalm 62:8 says: *“Pour out your hearts to Him, for God is our refuge.”* That includes your anger, sadness, confusion, disappointment, and fear. He can take it—and He welcomes it. Lament is how we stay connected to God when life feels like it's falling apart.

*“Thus my heart was grieved, And I was vexed in my mind. I was so foolish and ignorant; I was like a beast before You. Nevertheless I am continually with You; You hold me by my right hand. You will guide me with Your counsel, And afterward receive me to glory.” Psalm 73:21-24*

*“Though the fig tree may not blossom, Nor fruit be on the vines; Though the labor of the olive may fail, And the fields yield no food; Though the flock may be cut off from the fold, And there be no herd in the stalls-- Yet I will rejoice in the LORD, I will joy in the God of my salvation. The LORD God is my strength; He will make my feet like deer's feet, And He will make me walk on my high hills.” Habakuk 3:17-19*

**How is lament different than grumbling and complaining?**

*“Do all things without complaining and disputing.” Philippians 2:14*

## 2. Jesus models Love and Lament.

He wept. He groaned in His spirit. He cried out in the garden and on the cross. He is described as a man of sorrows acquainted with grief. His agony in the Garden of Gethsemane is a lament. He cries out. He pleads with God. He presents His case. He weeps and wrestles with His Father and finally He expresses trust and surrender. He suffers and dies on a cross all for the love of us! He understands our sorrows and meets us there with love and compassion.

*“And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.” Luke 22:44*

*“My soul is exceedingly sorrowful, even to death. ...” Mark 14: 4*

*“Abba, Father, all things are possible for You. Take this cup away from Me, nevertheless, not what I will but what You will.” Mark 14:36*

*“He is despised and rejected by men. A man of sorrows and acquainted with grief. Ane we his as it were, our faces from Him. He was despised, and we did not esteem Him. Surely He has borne our griefs and carried out sorrows. Yet we esteemed Him stricken, smitten by God, and afflicted.” Isaiah 53:3-4*

*“looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.” Hebrews 12:2*

*“These things I have spoken to you, that My joy may remain in you, and that your joy may be full.” John 15:11*

### 3. LOVE gives us FREEDOM to Lament

Christ's love is not conditional. He doesn't expect us to "hold it together." He invites us to fall apart in His arms. Knowing how much you are loved allows you to pour out your heart without fear of rejection or reprisal. His love embraces you always and never rejects you. He listens with compassion, He comforts with kindness and He promises to heal your broken heart.

*"The Lord your God in your midst. The Mighty One will save. He will rejoice over you with gladness. He will quiet you with His love. He will rejoice over you with singing." Zephania 3:17*

*"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." Romans 5:8*

*"All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out." John 6:37*

*"Yes, I have loved you with an everlasting love; Therefore with lovingkindness I have drawn you. [Jer 31:3*

*"The Lord is near to those who have a broken heart, and saves such as have a contrite spirit." —Psalm 34:18*

*"He heals the brokenhearted and binds up their wounds." Psalm 147:3*

*"The Spirit of the Lord is upon Me . . . He has sent Me to heal the brokenhearted..."*

*"casting all your cares (all your anxieties, all your worries, and all your concerns, once and for all) on Him, for He cares about you (with deepest affection, and watches over you very carefully). 1 Peter 5:7 (Amplified Version)*

You are loved with an everlasting love that will never fade. His love holds you through the darkest nights and the hardest questions. It's not fragile or conditional—it's eternal, powerful, and ever-present. Even in the moments when you feel far from God, His love is still surrounding you, reaching into your sorrow with gentle, unrelenting grace.

**How did Jesus demonstrate and prove His everlasting love for you?**

**Do you have assurance that He loves you, He hears you and He cares for your well being?**

## The Practice of Lament

### 1. Cry out to GOD—Address Him directly

*"In my distress I called upon the LORD, and cried out to my God; He heard my voice from His temple, and my cry came before Him, even to His ears."*

### 2. Complain honestly— Say the "terrible awful" and what is hurting you.

*"I cry out to the LORD with my voice; with my voice to the LORD I make my supplication. I pour out my complaint before Him; I declare before Him my trouble." Psalm 142:1-2*

### 3. Ask boldly for HELP—Beseech Him for help.

*"For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." —Hebrews 4:15-16*

### 4. Trust intentionally—End with faith trusting in God's character and promises.

*"But as for me, I trust in You, O LORD. My times are in Your hand, Deliver me from the hand of my enemies, and from those who persecute me. Make Your face shine upon Your servant, Save me for Your mercies' sake."*

## **Practicing Lament leads us into healthy grieving and healing.**

*Blessed are those who mourn, for they shall be comforted.” –Matthew 5:4*

### **Lament is GRIEF left at the feet of the One who has the power to do something about it.**

1. **Connecting with God** through Biblical laments, found in the Psalms and other scriptures, will help you in communicating with God about your suffering, doubts, and even complaints. This direct engagement can draw you into a sense of intimacy and trust, as you pour out your heart to a personal God who is present in your pain. The only One who has the power to do something about it!

2. **Lament provides a safe space** to acknowledge and express painful emotions, including anger, grief, and disappointment, without fear of judgment. This honest expression is a crucial step in the healing process, allowing you to confront your pain rather than suppressing it.

4. **Proper lament should lead you to finding hope and renewal.** While lament acknowledges the darkness of suffering, it also points towards hope and restoration. By bringing your pain to God, you can experience a shift from despair to a place of renewed trust and hope, even amidst ongoing struggles. The Word of God is a necessary component to lament. It will rightly direct your thoughts and guide you to hope that is found in Jesus.

5. **Lament should also lead you to transitioning to trust and praise:** Lament is not the end point, but rather a pathway to healing and ultimately, to praise. By engaging with your pain and bringing it to God, you can find yourself moving towards a place of gratitude and joy, experiencing a deeper appreciation for God's goodness and faithfulness.

6. **The greatest of all blessings you will receive through proper lament is intimacy with Jesus Himself.** The One who promises to heal your broken heart. He is Who He says He is and He does what He says He will do! He is trustworthy and faithful. You will learn of Him and be drawn into His presence where you will find far more than comfort. You will find healing for your broken heart where your sorrow will be turned to joy. It's a promise!

*“You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.” Psalm 16:11*

*“This is my comfort in my affliction, for Your Word has given me life.” Psalm 119:50*

**Be encourage dear one. The LORD has got you! He will comfort your broken heart and He will bring you back to life—an abundant life!!! Trust the process, Trust Him.**

### ***Discussion Questions***

1. How has grief or loss affected your relationship with God?
2. What have you been taught about expressing pain to God?
3. Read Psalm 13. Which part resonates with you the most right now—and why?
4. Why do you think God included so many laments in Scripture?
5. Have you ever felt afraid to be completely honest with God in prayer? What might change if you viewed lament as worship?
6. How can lament be a step toward healing instead of staying stuck in sorrow?
7. What truths about God's character anchor you in hard seasons?