

# LAMENTATIONS

LOOK ON MY SORROW

## LAMENTATIONS 3:25-66

“PRAY LIKE THIS...”

MARCH 10, 2024

### SERMON SUMMARY

Pastor Joey preached this week on Lamentations 3 and the help we need to process our grief productively. When we are experiencing grief and sorrow, we often feel too overwhelmed to know what to say or pray. But when we have someone else's words, the words of an empathetic and “seasoned sufferer,” we can move beyond where we are to where we need to be.

Lamentations 3 is a perfect case study of this truth. The people of Israel gathered for an annual lament service to remember the destruction of their home. This ritual was led by a “seasoned sufferer” who lends his own words as a model prayer for those who don't quite know how to express their grief productively. Pastor Joey explained this leader's model prayer this way:

1. Humility: Confession & Repentance
2. Honesty: Pouring out our felt emotional experience.
3. Recall: Remembering God's character and what he has done
4. Request: Asking God to show up again.

If we use this model prayer, it will allow us, over time, to develop a dictionary of lament that will enable us to move from merely expressing “where we are” to “where we want to be” so we can express and process our grief productively. Pastor Joey challenged us to put this into practice by moving beyond expressing our prayers to reading and praying others' prayers so we could expand our dictionary of lament.

### DISCUSSION

#### Expand Awareness

- When we are overwhelmed by negative emotions and circumstances, we often feel unsure of what to do or say. Why do you think this is the case?
- Does anyone have a personal story where this happened to them?



*This document can be used for either personal or group reflection.*

*Group facilitator: you do not need to ask every question but can select the best ones for your group dynamic.*

Conversely, when we hear other people share their experiences, we respond emphatically, "Me too! That's exactly what I felt!"

- Why is it usually easier to understand our own experience when we hear the words of others?

**Extract the Truth****Read: Lamentations 3:25-66**

- What jumped out to you from that reading?

Pastor Joey said the worship leader modeled a prayer of lament in the following way:

**Humility:** Confession & Repentance

**Honesty:** Pouring out our felt emotional experience.

**Recall:** Remembering God's character and what he has done

**Request:** Asking God to Show up again.

- Where do you see evidence of "humility"? Why do you think the leaders start there?
- Where do you see evidence of "honesty"? Why do you think this is the second important step?
- Where do you see evidence of "recall"? Why do you think this is the essential third step?
- Where do you see evidence of the "request"? Why do you think this is the final step?

**Explore Your Experience**

- Which piece of the model prayer resonated with you most and why?
- Which piece of this model prayer feels most difficult for you?
- What grief are you currently carrying in this season, and how could this prayer help you process it with God and others?

**Engage the World**

- Pastor Joey said that when grief comes, we need an empathetic guide who has suffered before us to help us express our own. That can come in the form of writing or in-person praying together.
- In what way have you suffered in your past? What did you learn? And how can you be an empathetic guide to someone else in their grief?
- In what way are you currently suffering/lamenting now, and what do you need from others to process your grief?

## Prayer

Take time to pray through the different portions of this model prayer collectively:

- **Humility:** Confession & Repentance
- **Honesty:** Pouring out our felt emotional experience.
- **Recall:** Remembering God's character and what he has done
- **Request:** Asking God to show up again.



**PREPARE FOR  
NEXT WEEK:**

Read Lamentations 4:1-22