

Praying Through Lament

Breakthrough: Leaning into the Power of Prayer

Part 4 of 7 - January 26, 2025

Definition of lament:

- Praying through lament is a way to express sorrow, pain, or confusion to God.

1. _____ to God.

- Psalm 34:18-20

2. _____ Out to God with Your Complaints.

- Psalm 13:1-2
- Crying out our complaints with heart-wrenching honesty is not only okay—but godly.

3. _____ for God to Hear and Respond.

- The grounds for this appeal are God’s word, character, and promises.
- Psalm 88:2
- Heb 11:6

4. _____ Your Trust.

5. _____ Lament to Turn into Praise.

- 1 Thessalonians 5:16-18
- Remember that your greatest testimony can come out of each trial.

APPLICATION POINT –

This week, carve out an intentional amount of time to lament. Bring Scriptures of trust with you to your prayer time. Follow the steps we provided in this sermon message and watch your *pain* turn into *praise*.

GROWTH QUESTIONS:

1. *If you were raised in a church or a culture of spirituality –*
What was taught about lament, and how did it differ from today's sermon?

If you were NOT raised in church or a culture of spirituality –
What is one point of lament that surprised you and why?
2. How can prayers of lament energize your prayer life when you have seasons of difficulty, don't feel like praying, or don't know how to pray?
3. Praying through lament at first can seem sacrilegious and blasphemous. In life, there is always a balance, so how do you pray through lament without crossing over to disrespect God?
4. The first step in lament is to Turn to God. Often, Christians don't turn to God before going to other things. Why is this? Provide examples of what people turn to first.

When you have time for yourself, list what you go to first. This will help you understand your own personal response.

5. How can we affirm our trust in God as we lament so we don't doubt what God can do in our lives?