

## Lamentations 5

- Remember, LORD, what has happened to us;  
look, and see our disgrace.*
- <sup>2</sup> *Our inheritance has been turned over to strangers,  
our homes to foreigners.*
- <sup>3</sup> *We have become fatherless,  
our mothers are widows.*
- <sup>4</sup> *We must buy the water we drink;  
our wood can be had only at a price.*
- <sup>5</sup> *Those who pursue us are at our heels;  
we are weary and find no rest.*
- <sup>6</sup> *We submitted to Egypt and Assyria  
to get enough bread.*
- <sup>7</sup> *Our ancestors sinned and are no more,  
and we bear their punishment.*
- <sup>8</sup> *Slaves rule over us,  
and there is no one to free us from their hands.*
- <sup>9</sup> *We get our bread at the risk of our lives  
because of the sword in the desert.*
- <sup>10</sup> *Our skin is hot as an oven,  
feverish from hunger.*
- <sup>11</sup> *Women have been violated in Zion,  
and virgins in the towns of Judah.*
- <sup>12</sup> *Princes have been hung up by their hands;  
elders are shown no respect.*
- <sup>13</sup> *Young men toil at the millstones;  
boys stagger under loads of wood.*
- <sup>14</sup> *The elders are gone from the city gate;  
the young men have stopped their music.*
- <sup>15</sup> *Joy is gone from our hearts;  
our dancing has turned to mourning.*
- <sup>16</sup> *The crown has fallen from our head.  
Woe to us, for we have sinned!*
- <sup>17</sup> *Because of this our hearts are faint,  
because of these things our eyes grow dim*
- <sup>18</sup> *for Mount Zion, which lies desolate,  
with jackals prowling over it.*
- <sup>19</sup> *You, LORD, reign forever;  
your throne endures from generation to generation.*
- <sup>20</sup> *Why do you always forget us?  
Why do you forsake us so long?*
- <sup>21</sup> *Restore us to yourself, LORD, that we may return;  
renew our days as of old*
- <sup>22</sup> *unless you have utterly rejected us  
and are angry with us beyond measure.*

## The Story Thus Far

### Songs of Lament



Lamentations is a Song of Lament.

What phrases leap out at you in this passage?

Share a Song About Sadness that you love.

Why do you like it?

### Voices of Lament



Syrian Stories (Videos)

### The Place of Lament

#### Lament as Catharsis



An essential process of dealing with suffering, pain, disappointment

Otherwise it bottles up, isolates, creates falsehood, alienates

Without lament the darkness grows and deepens.

There are tears, there is pain but those things will run their course.

There will be release and there will be hope.

The one who does not lament never grows up.

### Lament as Confession



Is a coming clean  
About the truth in our hearts  
Authenticity  
The one who does not lament never becomes real.

### Lament as Communion



It can be conflict, it can be uncomfortable.  
There is honest questioning  
But ultimately it is about trust  
It is about reaching out to another  
Reaching out to God  
Only to find that he has always been reaching out to us.  
This becomes for us empathy.  
The one who does not lament remains alone.

### Lament as Creation



"Art comes form joy and pain... but mostly pain." - Edvard Munch  
There is beauty for ashes.

To create is to call forth something from nothing.

From chaos and darkness.

It is the ultimate expression of resistance against wrong, defiance in the face of darkness and steadfast love.

Songs, poems, stories inspiration comes from the crucible of suffering.

Spirituals, The Blues, Stuff that great Songwriters are on about.

Great film makers.

These are laments.

And the Scriptures record not just the story of Israel and the Early Church.

The Bible is God's lament for his creation, for his people, his beloved.

It is the record of what he has and is doing in his lament.

God redeems the broken to make it whole.

He who does what no one can do works miracles.

The lame walk, the blind see and the dead rise again.

Do you believe this?

Do you believe in the power of God's love?

The one who does not lament shrivels up and is stagnant.

Play Andrew Gordon "Refugees" adapted from W.H. Auden's poem "Refugee Blues"

### **The Lament of God**



Jeremiah drew close to God because he revealed what was in his own heart.

Perhaps he also discovered what was in God's heart.

In Jesus, we find true lament, real consolation.

What does God lament today?

In prayer we seek to have the heart of God - his thoughts, his Spirit, his consolation.

We become true children of the Father, true friends of Jesus, filled with the Spirit.

Choose one group that is suffering today and pray for them.