



Hardship & Faith

a *Central* series
ASSEMBLY

A misty mountain range with a white mountain icon above the text.

Hardship & Faith

“Lament”

Psalm 13:1,6 (NLT)

1 O Lord, how long will you forget me? Forever?

How long will you look the other way?

6 I will sing to the Lord

because he is good to me.

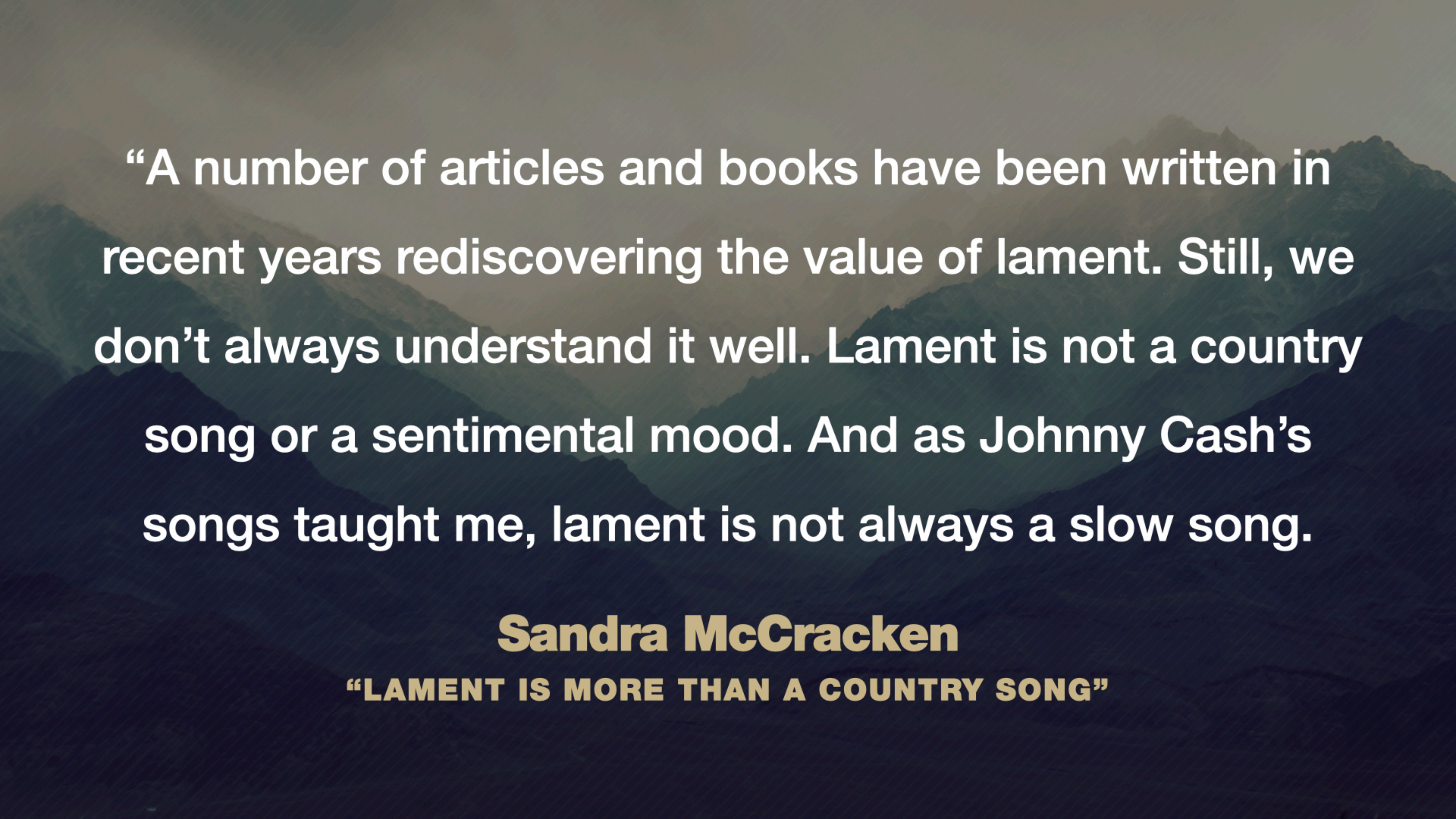
A misty mountain landscape with the text "How do we get from there to here?" overlaid. The mountains are layered, with the foreground being dark and the background being lighter and more hazy. The text is in a bold, yellow, sans-serif font.

**How do we get from
there to here?**

How do we get from there to here?

The pathway: LAMENT






“A number of articles and books have been written in recent years rediscovering the value of lament. Still, we don’t always understand it well. Lament is not a country song or a sentimental mood. And as Johnny Cash’s songs taught me, lament is not always a slow song.

Sandra McCracken

“LAMENT IS MORE THAN A COUNTRY SONG”



Lament is, in its simplest form, pouring out our hearts to God (Ps. 62:8). In doing so, we sensitize and strengthen our hearts.”

Sandra McCracken

“LAMENT IS MORE THAN A COUNTRY SONG”

Psalm 13:1-2 (NLT)

1 O Lord, how long will you forget me? Forever?

How long will you look the other way?

**2 How long must I struggle with anguish in my soul,
with sorrow in my heart every day?**

How long will my enemy have the upper hand?



Honesty

Protest

Grief

How do we get from there to here?

**Let lament express itself
in yearning prayer.**



Psalm 13:3-4 (NLT)

1 Turn and answer, O Lord my God!

Restore the sparkle to my eyes, or I will die.

2 Don't let my enemies gloat, saying,

“We have defeated him!”

Don't let them rejoice at my downfall.

“[An] important movement we see in biblical lament is the exhausting of the self against God and the eventual turning back to Him....In faith, driven by guilt, fear, doubt, frustration, or even anger, I cry out to God. I give voice to my hurt, my complaint, all the black bitterness I hold against my enemy....

Michael Card

“A SACRED SORROW”

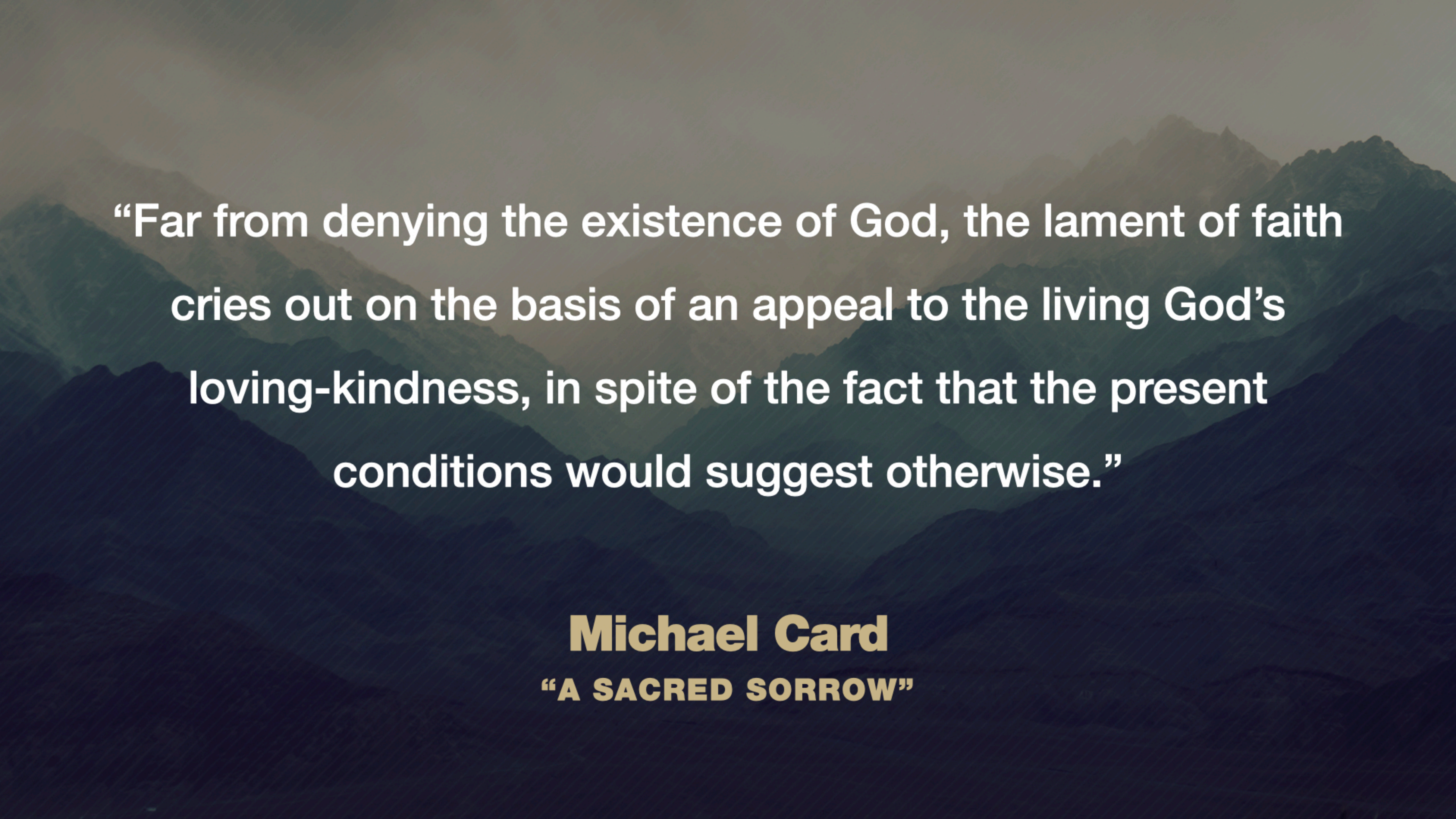


At some unpredictable point in the lament, a turn is made.

The self, exhausted of its emotional energy, seems to collapse into the Presence of the One who was there, seen or unseen, all along.”

Michael Card

“A SACRED SORROW”



“Far from denying the existence of God, the lament of faith cries out on the basis of an appeal to the living God’s loving-kindness, in spite of the fact that the present conditions would suggest otherwise.”

Michael Card

“A SACRED SORROW”

Psalm 63:1

**1 You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.**

Psalm 13:3-4 (NLT)

³ Turn and answer, O Lord my God!

Restore the sparkle to my eyes, or I will die.

⁴ Don't let my enemies gloat, saying,

“We have defeated him!”

Don't let them rejoice at my downfall.

How do we get from there to here?

**Let lament resolve itself in
praise-filled trust.**



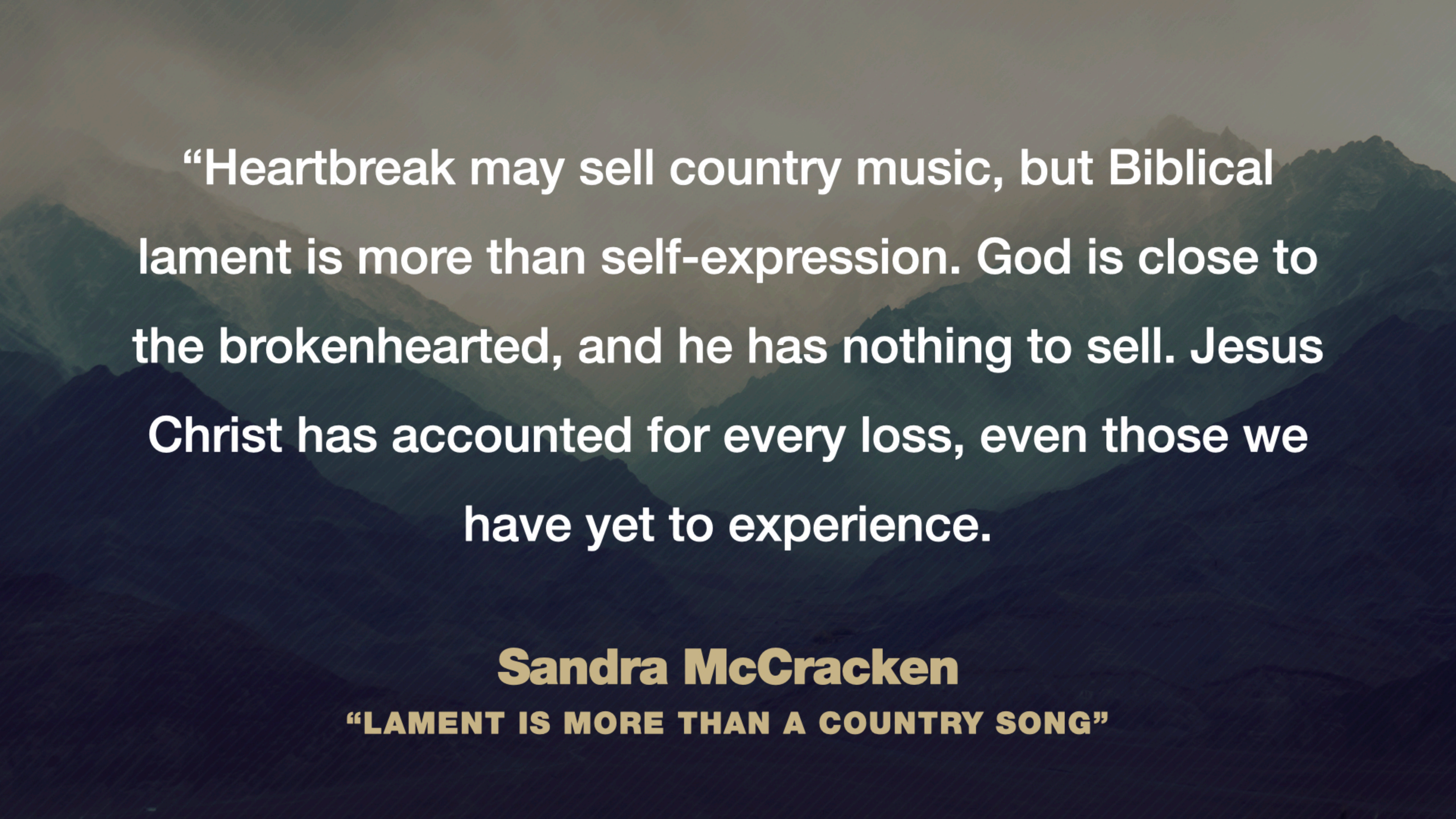
Psalm 13:5-6 (NLT)

5 But I trust in your unfailing love.

I will rejoice because you have rescued me.

6 I will sing to the Lord

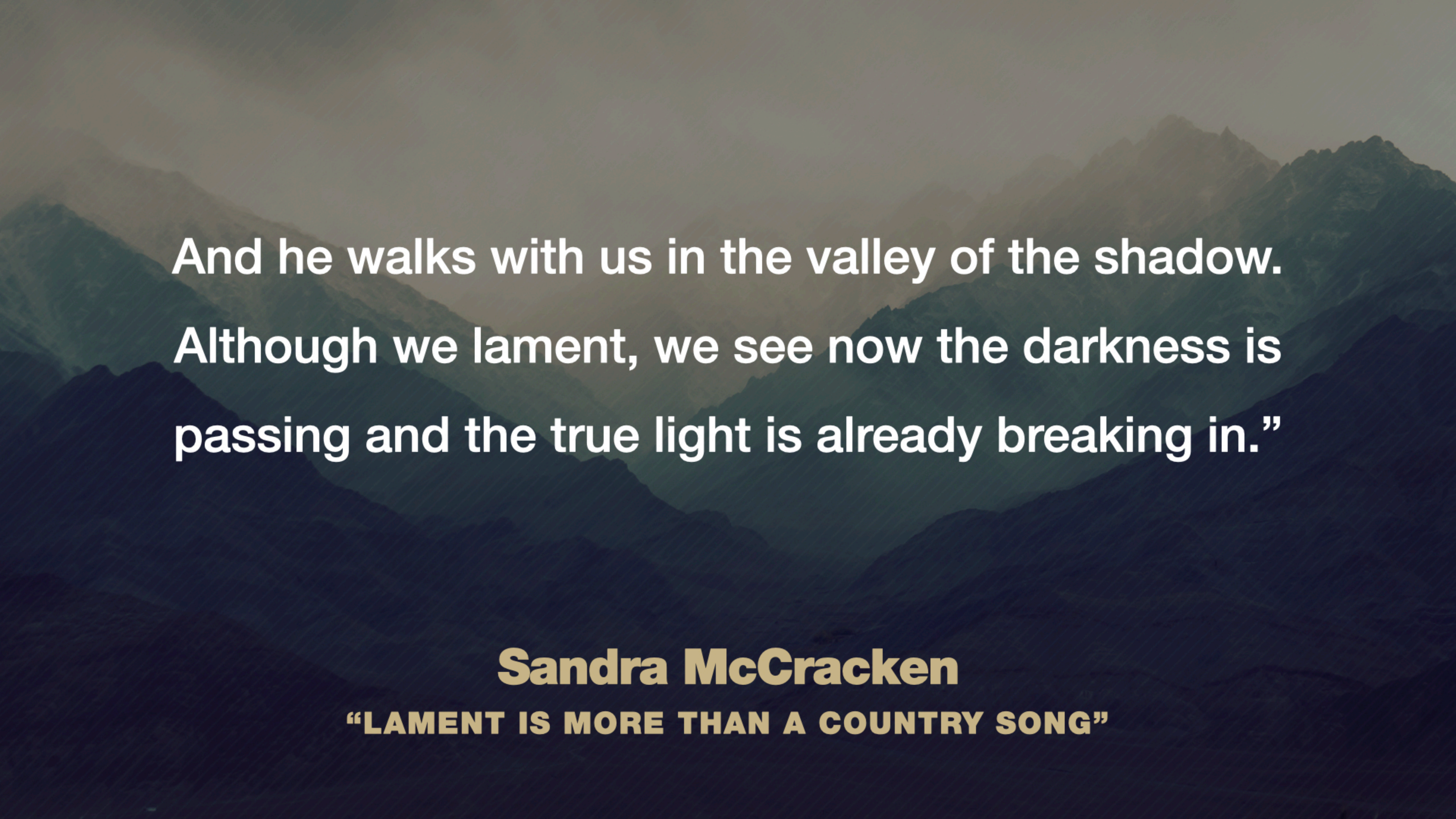
because he is good to me.



“Heartbreak may sell country music, but Biblical lament is more than self-expression. God is close to the brokenhearted, and he has nothing to sell. Jesus Christ has accounted for every loss, even those we have yet to experience.

Sandra McCracken

“LAMENT IS MORE THAN A COUNTRY SONG”



And he walks with us in the valley of the shadow.
Although we lament, we see now the darkness is
passing and the true light is already breaking in.”

Sandra McCracken

“LAMENT IS MORE THAN A COUNTRY SONG”

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How long will you look the other way?

**2 How long must I struggle with anguish in my soul,
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How long will my enemy have the upper hand?

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