

## **What does it mean to Lament?**

*“Lament is the honest cry of a hurting heart wrestling with pain and the promise of God’s goodness.”*

Psalm 23:1-3 (NLT)

The Lord is my shepherd; I have all that I need.

He lets me rest in green meadows; he leads me beside peaceful streams.

He renews my strength. He guides me along right paths, bringing honor to his name.

Genesis 1:27-31 (NLT)

27So God created human beings in his own image.

In the image of God he created them; male and female he created them.

28Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.”

29Then God said, “Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. 30And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life.” And that is what happened.

31Then God looked over all he had made, and he saw that it was very good!

Psalm 23:5-6 (NLT)

You prepare a feast for me in the presence of my enemies.

You honor me by anointing my head with oil.

My cup overflows with blessings.

Surely your goodness and unfailing love will pursue me  
all the days of my life,  
and I will live in the house of the Lord forever.

Revelation 21:3-5 (NLT)

3I heard a loud shout from the throne, saying, “Look, God’s home is now among his people! He will live with them, and they will be his people. God himself will be with them. 4He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.”

Ps 23:4

Even when I walk through the darkest valley,

I will not be afraid, for you are close beside me.

Your rod and your staff protect and comfort me.

Romans 8:18-23 (NLT)

18Yet what we suffer now is nothing compared to the glory he will reveal to us later. 19For all creation is waiting eagerly for that future day when God will reveal who his children really are. 20Against its will, all creation was subjected to God's curse. But with eager hope, 21the creation looks forward to the day when it will join God's children in glorious freedom from death and decay. 22For we know that all creation has been groaning as in the pains of childbirth right up to the present time. 23And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. We, too, wait with eager hope for the day when God will give us our full rights as his adopted children, including the new bodies he has promised us.

Rom 8:26-27 (NLT)

26And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. 27And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.

The Holy Spirit does 3 things

- HELPS us in our weakness
- PRAYS for us
- PLEADS for us

Name your "even there..."