

Our new Constitution is now established, everything seems to promise it will be durable; but, in this world, nothing is certain except death and taxes. ~Benjamin Franklin

Only three things in life are certain: birth, death, and change. ~Anonymous

• 2 Peter 1:3a, 1 Thessalonians 4:13 ESV

➤ *We do grieve but we grieve differently, biblically.*

Based on material in Dark Clouds Deep Mercy: Discovering the Grace of Lament by Mark Vroegop

Lament is a prayer in pain that leads to trust. ~Mark Vroegop

CRY OUT TO GOD

1. Do not be _____ . 77:1a

• Hebrews 5:7

➤ *If Jesus prayed and lamented out loud, I should.*

2. Cry out to _____ . 77:1-2a

3. Cry out _____ . 77:2a

4. Cry out to God with your

_____ . 77:2-4

➤ *We need to cry out to God about our struggles, not remain silent or give up and quit.*

5. Cry out to God with your

_____ . 77:7-9

Honestly praying this way recognizes that pain and suffering often create difficult emotions that are not based on truth but feel true, nonetheless. ~Mark Vroegop

Lament is a prayer that leads us through personal sorrow and difficult questions into truth that anchors our soul. ... Hurting people are given permission to grieve, but not aimlessly or selfishly. ... [L]ament is able to redirect weeping people to what is true despite the valley they are walking through. ~Mark Vroegop

6. Rehearse God's _____ to Him. 77:11-20

When suffering comes you may find yourself doubting God's love ... don't measure God's love by what is happening to you. Measure it by what happened to Jesus. ~Colin S. Smith

➤ *Nothing and no one can ever separate us from God's love; It is more certain than even death or takes.*

How are you going to apply what you learned

about _____ ?