

A Believer's Most Powerful Weapon

AND HOW TO USE IT

The Lament that Leads to Life

There are forty-two individual psalms of lament and sixteen community or national psalms of lament. The psalms of lament are poetic hymns meant to be sung to God. They deal with issues that were and still are central to the life of faith for individual believers and the whole community of faith.

"**Lament** is a prayer in pain that leads to trust."

Jesus is our burden-bearer (Psalm 68:19, Matthew 11:30, Psalm 55:22). That in a sense is what we also do for others.

Examples of lament:

- "I heard and my heart pounded, my lips quivered at the sound; decay crept into my bones, and my legs trembled. Yet I will wait patiently for the day of calamity to come on the nation invading us" – Habakkuk 3:16
- "This is what the wicked are like- always free of care, they go on amassing wealth. Surely in vain I have kept my heart pure and have washed my hands in innocence. All day long I have been afflicted, and every morning brings new punishments." – Psalm 73:12-13
- "For the waves of death encompassed me; The floods of destruction terrified me; The ropes of Sheol surrounded me; The snares of death confronted me." – 2 Samuel 22:5-6
- "And he said to them, my soul is deeply grieved to the point of death; remain here and keep watch." – Mark 14:34 (lament shared with others)

How can a lament lead to life?

- When we come to Jesus our burden-bearer – Psalm 73:16-17, 2 Samuel 22:6-7
- When we surrender to God's plan and purposes – Mark 14:36
- When we praise God for all we love about Him – "Abba! Father! All things are possible for You!" (Mark 14:36). "The Lord God is my strength! He has made my feet like hinds' feet! He makes me walk on my high places!" (Habakkuk 3:18-19). He heard my voice! My cry for help came into His ears" (2 Samuel 22:7).
- When we confess our sins and shortcomings to the Lord – Psalm 73:22-24. Jesus, as Advocate, is the one called alongside to help.

- When we give God the glory for His help!
 - Some were delivered from their distress like David in 2 Samuel and some praises were “even though” praises (2 Samuel 22:47-50, Psalm 73:26-28, Habakkuk 3:17-19).