



## Sermon Notes: A Song of Lament

### 1. What is lament?

- It's "weeping with words."
- It can be an expression of sadness, fear, doubt, even anger.

#### The 4 parts of a lament:

- a. Direct address.
- b. Complaint.
- c. Petition.
- d. Vow of trust.

### 2. What does lament have to do with Advent?

### 3. How would Jesus have read this Psalm?

- The Messiah first joined the lament, then made himself the object of lament, then conquered the lament once and for all.

### 4. How can/should you use lament?



## Gospel Applications: A Song of Lament

1. What are some lament-worthy things Christians and the Church should be grieving over, individually and corporately?
2. Referring to the list you made under #1, what are some ways Christians typically respond to these things instead of with lament?
3. Compare and contrast lament with the other responses you listed under #2. What is the net effect on your own heart when you respond in these different ways? What is the effect on the Church's testimony when we collectively respond in these different ways?
4. What are some "negative" emotions that you've felt recently? What did you do with those emotions - how did you react or engage them? How do you judge yourself spiritually when you express emotions like those?
5. What are some ways you could turn those negative emotions (and the circumstances behind them) into a more biblical lament? What might that sound like?
  - What names or attributes of God might you call upon?
  - What is your specific complaint?
  - What is your specific petition?
  - What about the first advent causes you to trust and hope in God anyway?
6. Thinking of a recent complaint/accusation/question you had for God, fill in the blank: "*God, I know you're not \_\_\_\_\_, but it sure feels like it right now.*" How does this kind of statement balance honesty with hope?
7. Why do you think we're hesitant to engage in intentional lament? What does our hesitancy reveal to us about ourselves?
8. What one thing will you do in response to this message?