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# LEARNING LAMENT

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## WEEK 1 – THE SHAPE OF LAMENT

What is the best way to respond to suffering and loss and the confusion and pain it brings? Resignation? Denial? The Bible gives us a better, more honest way that includes both genuine sorrow and tears as well as a sure hope and confident trust.

This is the way of lament.

Lament: “a \_\_\_\_\_ in \_\_\_\_\_ that \_\_\_\_\_ to \_\_\_\_\_” – Mark Vroegop in *Dark Clouds, Deep Mercy*

4 \_\_\_\_\_ of \_\_\_\_\_:

1) \_\_\_\_\_ to \_\_\_\_\_

2) \_\_\_\_\_ your \_\_\_\_\_

3) \_\_\_\_\_ \_\_\_\_\_

4) \_\_\_\_\_ to \_\_\_\_\_

“God is God. If He is God, He is worthy of my worship and my service. I will find rest nowhere but in His will, and that will is infinitely, immeasurably, unspeakably beyond my largest notions of what He is up to.” – Elisabeth Eliot