

Word of the Week: Lament

As the deer longs for streams of water,
so I long for you, O God.

I thirst for God, the living God.

When can I go and stand before him?

Day and night I have only tears for food,
while my enemies continually taunt me, saying,
“Where is this God of yours?”

My heart is breaking

as I remember how it used to be:

I walked among the crowds of worshipers,
leading a great procession to the house of God,
singing for joy and giving thanks
amid the sound of a great celebration!

Why am I discouraged?

Why is my heart so sad?

I will put my hope in God!

I will praise him again—
my Savior and my God!

Now I am deeply discouraged,

but I will remember you—

even from distant Mount Hermon, the source of the Jordan,
from the land of Mount Mizar.

I hear the tumult of the raging seas

as your waves and surging tides sweep over me.

But each day the Lord pours his unfailing love upon me,

and through each night I sing his songs,
praying to God who gives me life.

“O God my rock,” I cry,

“Why have you forgotten me?

Why must I wander around in grief,

oppressed by my enemies?”

Their taunts break my bones.

They scoff, “Where is this God of yours?”

Why am I discouraged?

Why is my heart so sad?

I will put my hope in God!

I will praise him again—
my Savior and my God!

Psalm 42

Pause 1—Intimacy

God, I want to know you. Will you reveal yourself more deeply to me?

Lament is a divinely-given invitation to pour out our fears, frustrations, and sorrows for the purpose of helping us to renew our confidence in God.

Start your day by reading Psalm 42. Allow this lament Psalm to lead you into your own prayers of lament.

Pause 2—Incarnation

God, we want others to know you. Will you shine through your church so those around us are drawn to you?

In the middle of your day, take a pause from your normal activities. Allow the words of Psalm 42 to shape a prayer of lament for our community. Pour out your fears, frustrations and sorrows on behalf of others who are hurting and oppressed.

Pause 3—Intercession

God, I have personal longings and concerns. Will you hear my heart and respond to my requests?

End your day by bringing your fears, frustrations, and sorrows before God. As you do, declare your hope and confidence in God.

I will put my hope in God!

I will praise him again—
my Savior and my God!