

A Lament for Sadness

Begin by taking a few slow, deep breaths and invite God to comfort you as you cry out to Him.

Lament is an expression of grief, loss, and sadness. It could be around a person who has passed away, a relationship ending, a significant loss, or sadness over an injustice.

No matter where you are, Scripture is filled with the stories and honest words of people who grieve hard circumstances.

In these situations, people cried out to God in the midst of their pain.

One of the names for God is:

El Roi

"the God who sees me."

Read through Psalm 13 twice, slowly.

Pray over the questions on the back of this card, and if you would like, write down any thoughts you may have. Do not feel you have to get all the questions "done." This exercise is simply about letting God lead, and considering what this Psalm means.

Read Psalm 13:1-4

Have you felt like God has forgotten you
in the midst of your sadness or grief?
Do you feel that way now?

Is it comforting to know that these
words are in Scripture?

Read Psalm 13:5-6

The psalm ends with a recognition of intense
sorrow, but a commitment to trusting in God.

Is this difficult for you in the midst of sadness?
Have you seen God at work in your life?
Do you think God is with you, even if you cannot
feel His presence all the time?

God loves you deeply, even if you feel like he
doesn't or that He has abandoned you.
Do you trust that He loves you?

End this time by praying:

**"God, I am sad and full of sorrow. I cannot feel
you, and sometimes I feel that you have
abandoned me. In this moment, please comfort
my soul. Help me trust that you love me and that
you are with me. Amen."**

