

A Healthy Lament:
*Contentment in
Times of Trial*



Problems With Suppression of Emotions

- *Establishment of Facades*
- *A Disconnect From our Brethren*
- *A Detachment to the Lost Souls of
this World*
- *A Distancing Between us and God*



A Healthy Lament: *Job*

“¹³ Now there was a day when his sons and daughters *were* eating and drinking wine in their oldest brother’s house; ¹⁴ and a messenger came to Job and said, “The oxen were plowing and the donkeys feeding beside them, ¹⁵ when the Sabeans raided *them* and took them away—indeed they have killed the servants with the edge of the sword; and I alone have escaped to tell you!”¹⁶ While he *was* still speaking, another also came and said, “The fire of God fell from heaven and burned up the sheep and the servants and consumed them; and I alone have escaped to tell you!”¹⁷ While he *was* still speaking, another also came and said, “The Chaldeans formed three bands, raided the camels and took them away, yes, and killed the servants with the edge of the sword; and I alone have escaped to tell you!”¹⁸ While he *was* still speaking, another also came and said, “Your sons and daughters *were* eating and drinking wine in their oldest brother’s house, ¹⁹ and suddenly a great wind came from across the wilderness and struck the four corners of the house, and it fell on the young people, and they are dead; and I alone have escaped to tell you!””

(Job 1.13-19)

A Healthy Lament: *Job*

Within the first chapter he lost:

- His livestock and servants (1.14-17)
- Sources of income & livelihood (1.14-17)
- His children (1.19)



A Healthy Lament: *Job*

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(Job 1.13-19)

A Healthy Lament: *Job*

²⁰ Then Job arose, tore his robe, and shaved his head; and he fell to the ground and worshiped. ²¹ And he said:

“Naked I came from my mother’s womb,

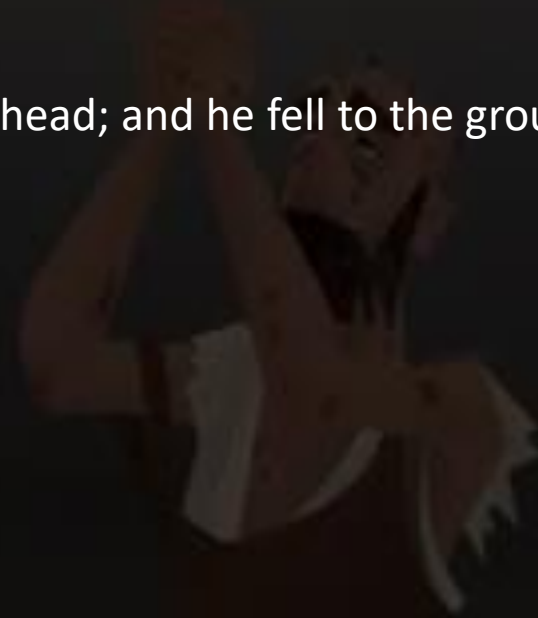
And naked shall I return there.

The Lord gave, and the Lord has taken away;

Blessed be the name of the Lord.”

²² In all this Job did not sin nor charge God with wrong.

(Job 1.20-22)



A Healthy Lament: Job

Then Job answered the Lord and said:

² “I know that You can do everything,

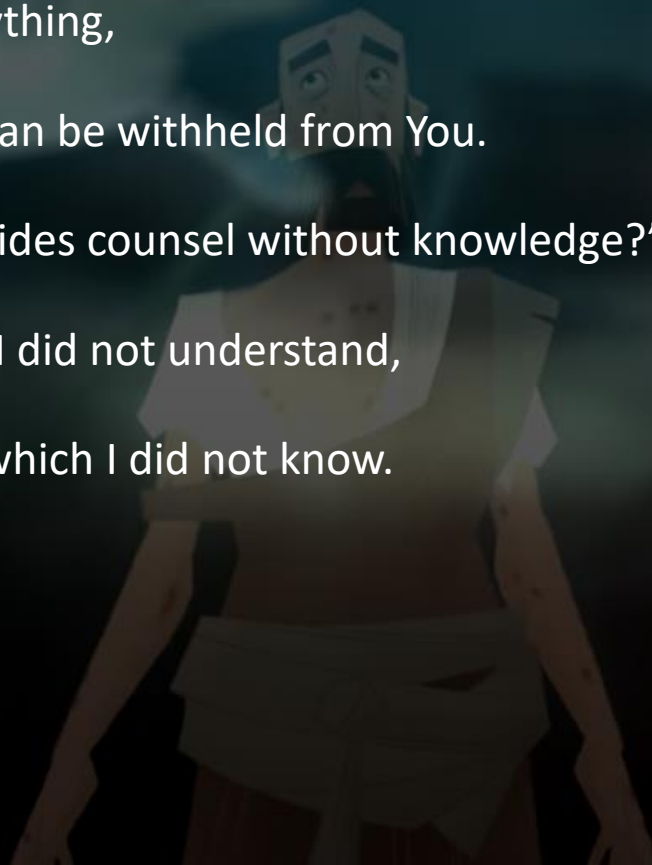
And that no purpose *of Yours* can be withheld from You.

³ *You asked*, ‘Who is this who hides counsel without knowledge?’

Therefore I have uttered what I did not understand,

Things too wonderful for me, which I did not know.

(Job 42.1-3)



A Healthy Lament: Job

Job was not afraid to address his grief with the LORD at the time.



A Healthy Lament: *Elijah*

And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. ² Then Jezebel sent a messenger to Elijah, saying, “So let the gods do *to me*, and more also, if I do not make your life as the life of one of them by tomorrow about this time.” ³ And when he saw *that*, he arose and ran for his life, and went to Beersheba, which *belongs* to Judah, and left his servant there.

⁴ But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, “It is enough! Now, Lord, take my life, for I *am* no better than my fathers!”

⁵ Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise *and* eat.” ⁶ Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. ⁷ And the angel of the Lord came back the second time, and touched him, and said, “Arise *and* eat, because the journey *is* too great for you.” ⁸ So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.

⁹ And there he went into a cave, and spent the night in that place; and behold, the word of the Lord *came* to him, and He said to him, “What are you doing here, Elijah?”

¹⁰ So he said, “I have been very zealous for the Lord God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.” (I Kings 19.1-10)



A Healthy Lament: *Elijah*

At this moment, Elijah feels:

- Lonely
- Tired
- Overwhelmed
- *Depressed*

A Healthy Lament: *Elijah*

¹¹ Then He said, “Go out, and stand on the mountain before the Lord.” And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, *but* the Lord *was* not in the wind; and after the wind an earthquake, *but* the Lord *was* not in the earthquake; ¹² and after the earthquake a fire, *but* the Lord *was* not in the fire; and after the fire a still small voice. ¹³ So it was, when Elijah heard *it*, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice *came* to him, and said, “What are you doing here, Elijah?” ¹⁴ And he said, “I have been very zealous for the Lord God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.” ¹⁵ Then the Lord said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael *as* king over Syria. ¹⁶ Also you shall anoint Jehu the son of Nimshi *as* king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint *as* prophet in your place. ¹⁷ It shall be *that* whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. ¹⁸ Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.” (I Kings 19.11-18)

A Healthy Lament: *Jeremiah*

⁷ O Lord, You induced me, and I was persuaded; You are stronger than I, and have prevailed. I am in derision daily; Everyone mocks me. ⁸ For when I spoke, I cried out; I shouted, “Violence and plunder!” Because the word of the Lord was made to me A reproach and a derision daily. ⁹ Then I said, “I will not make mention of Him, Nor speak anymore in His name.” But *His word* was in my heart like a burning fire Shut up in my bones; I was weary of holding *it* back, And I could not. ¹⁰ For I heard many mocking: “Fear on every side!” “Report,” *they say*, “and we will report it!” All my acquaintances watched for my stumbling, *saying*, “Perhaps he can be induced; Then we will prevail against him, And we will take our revenge on him.” (Jeremiah 20:7-10)



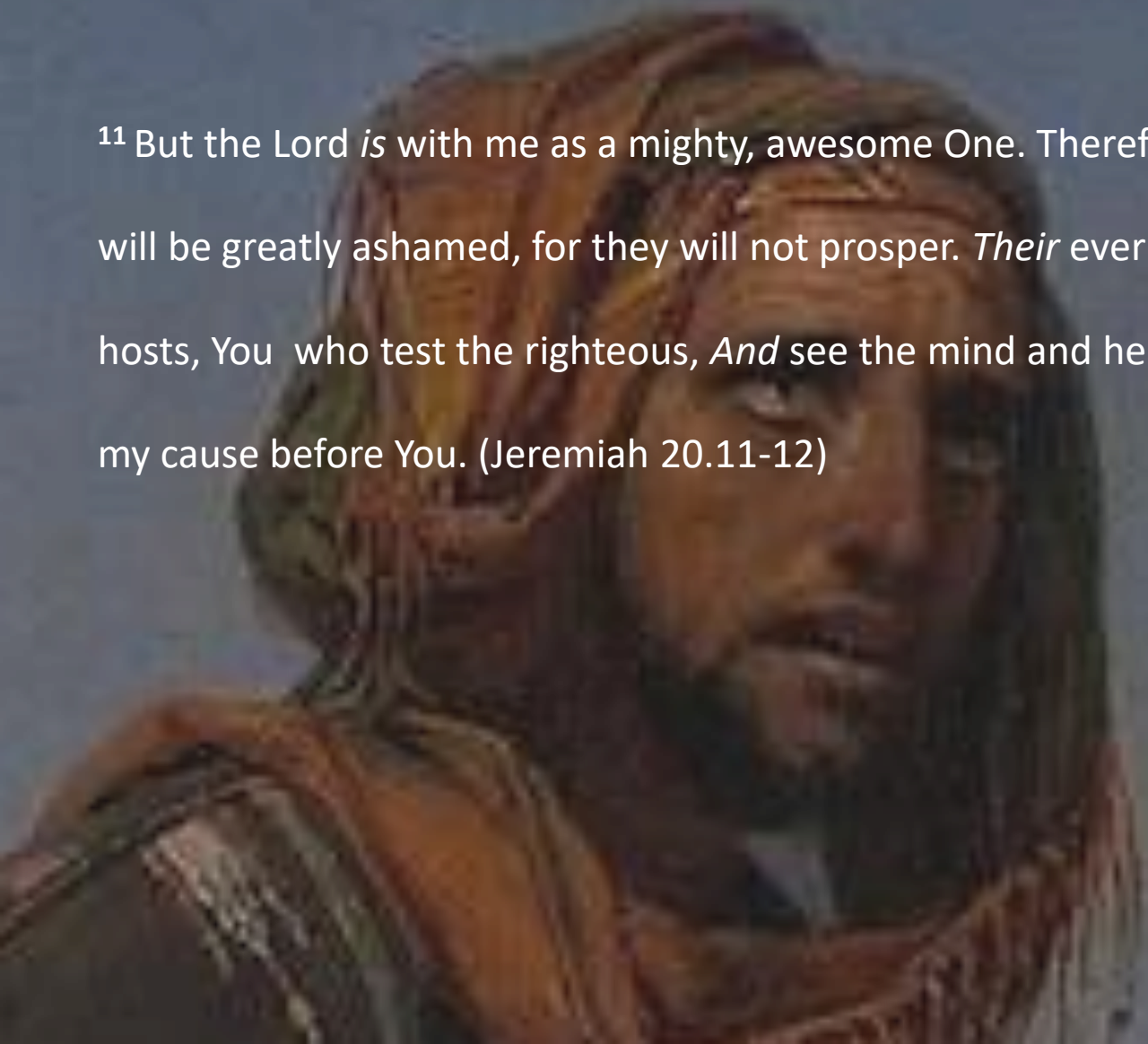
A Healthy Lament: *Jeremiah*

At this moment, Jeremiah feels:

- Used
- Mocked
- Overburdened
- Wary

A Healthy Lament: *Jeremiah*

¹¹ But the Lord *is* with me as a mighty, awesome One. Therefore, my persecutors will stumble and will not prevail. They will be greatly ashamed, for they will not prosper. *Their* everlasting confusion will never be forgotten. ¹² But, O Lord of hosts, You who test the righteous, *And* see the mind and heart, Let me see Your vengeance on them; For I have pleaded my cause before You. (Jeremiah 20.11-12)



A Healthy Lament: *David*

How long, O Lord? Will You forget me forever? How long will You hide Your face from me? (Psalm 13.1)

O Lord, God of my salvation, I have cried out day and night before You. ² Let my prayer come before You; Incline Your ear to my cry. ³ For my soul is full of troubles, And my life draws near to the grave. ⁴ I am counted with those who go down to the pit; I am like a man *who has* no strength... (Psalm 88.1-4)

A Healthy Lament: *David*

My God, My God, why have You forsaken Me? *Why are You so far from helping Me, And from the words of My groaning?*
² O My God, I cry in the daytime, but You do not hear; And in the night season, and am not silent.³ But You *are* holy,
Enthroned in the praises of Israel. ⁴ Our fathers trusted in You; They trusted, and You delivered them. ⁵ They cried to You,
and were delivered; They trusted in You, and were not ashamed. ⁶ But I *am* a worm, and no man; A reproach of men, and
despised by the people. ⁷ All those who see Me ridicule Me; They shoot out the lip, they shake the head, *saying*,
⁸ “He trusted in the Lord, let Him rescue Him; Let Him deliver Him, since He delights in Him!” ⁹ But You *are* He who took
Me out of the womb; You made Me trust *while* on My mother’s breasts. ¹⁰ I was cast upon You from birth. From My
mother’s womb You *have been* My God. ¹¹ Be not far from Me, For trouble *is* near; For *there is* none to help. ¹² Many
bulls have surrounded Me; Strong *bulls* of Bashan have encircled Me. ¹³ They gape at Me *with* their mouths, *Like* a raging
and roaring lion. ¹⁴ I am poured out like water, And all My bones are out of joint; My heart is like wax; It has
melted within Me. ¹⁵ My strength is dried up like a potsherd, And My tongue clings to My jaws; You have brought Me to
the dust of death. ¹⁶ For dogs have surrounded Me; The congregation of the wicked has enclosed Me. They pierced My
hands and My feet; ¹⁷ I can count all My bones. They look *and* stare at Me. ¹⁸ They divide My garments among them, And
for My clothing they cast lots. ¹⁹ But You, O Lord, do not be far from Me; O My Strength, hasten to help Me! ²⁰ Deliver Me
from the sword, My precious *life* from the power of the dog. ²¹ Save Me from the lion’s mouth And from the horns of the
wild oxen! (Psalm 22.1-21a)



A Healthy Lament: *David*

At this moment, David feels:

- Betrayed
- Defenseless
- Angry?
- Forsaken

A Healthy Lament: *David*

You have answered Me. ²² I will declare Your name to My brethren; In the midst of the assembly I will praise You. ²³ You who fear the Lord, praise Him! All you descendants of Jacob, glorify Him, And fear Him, all you offspring of Israel! ²⁴ For He has not despised nor abhorred the affliction of the afflicted; Nor has He hidden His face from Him; But when He cried to Him, He heard.

(Psalm 22.21b-24)



You

- It's okay to bring your feelings to God
- Your faith is not weak if you have feelings
- Your faith is not a light switch
- God gave you the ability to feel

³ Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

(2 Cor. 1.3-4)

² My brethren, count it all joy when you fall into various trials, ³ knowing that the testing of your faith produces patience.

(James 1.2-3)