

Vintage Lunch - April 7, 2023

Lament is a Christian response of grief to suffering, injustice, and pain in the world, past or present. It is a cry directed toward God. It is honesty before God and others that stems from an experience of pain be it physical, emotional or spiritual.

Motherless Child

*"Sometimes I feel like a motherless child
Sometimes I feel like a motherless child
Sometimes I feel like a motherless child
A long way from home, a long way from home
Sometimes I feel like I'm almost done
Sometimes I feel like I'm almost done
Sometimes I feel like I'm almost done
And a long, long way from home, a long way
from home
True believer
True believer
A long, long way from home"*



Psalm 13

- 1 O Lord, how long will you forget me? Forever?
How long will you look the other way?
- 2 How long must I struggle with anguish in my soul,
with sorrow in my heart every day?
How long will my enemy have the upper hand?
- 3 Turn and answer me, O Lord my God!
Restore the sparkle to my eyes, or I will die.
- 4 Don't let my enemies gloat, saying, "We have defeated him!"
Don't let them rejoice at my downfall.
- 5 But I trust in your unfailing love.
I will rejoice because you have rescued me.
- 6 I will sing to the Lord
because he is good to me.

Write your lament.

- **Address and introductory cry:** Identify God as the person you are addressing your lament.
- **Complaint or Lament:** Articulate the problem you are wrestling with. Detail how it is affecting you and the pain it is causing.
- **Confession of Trust:** Verbalize your trust in the Lord. Share your hopes that He will come help, that He will be present in your situation.
- **Prayer for Deliverance:** Request God's intervention in the problem.

Suggested phrases:

I long for you to...

My soul is cast down because...

I feel oppressed by my enemies when...

Where are you God when...
