

# THE LOST PRACTICE OF LAMENT

\\ AN EXPOSITION OF PSALM 3 \\

While Psalm 3 gives us a pattern for practicing lament (Cry out to God, Rehearse Truth about God, Rest in God, Repeat), there are over sixty other psalms of lament.

Individual psalms of lament include 3, 4, 5, 7, 9-10, 13, 14, 17, 22, 25, 26, 27, 28, 31, 36, 39, 40:12-17, 41, 42-43, 52, 53, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 89, 120, 139, 141, and 142.

Corporate psalms of lament include 12, 44, 58, 60, 74, 79, 80, 83, 85, 89, 90, 94, 123, 126, and 129.

These psalms were written in a specific context for a specific reason. For example, Psalm 42 was written by David to express his separation from the temple of God. He is crying out for a renewal of God's presence. We, too, can pray this prayer of Lament as we seek to diminish the gap between our daily lives and a deeper relationship with the Father.

This week, we want to encourage you in two ways:

1. We challenge you to spend some time diving deeper into these songs of lament. Investigate the context. How did what the author was going through relate to your daily journey? How can his lament become yours?
2. Using Psalm 3 as a planning, reflection, and prayer guide, what areas do you need to lament?
3. Looking at the environments in which you can lament — individual, family, accountability group, small group, and corporately — where can you carve out an intentional time and place to begin recovering the lost practice of lament?