

# Lament: A Faithful Response to Tragedy

As individuals, communities, and a society we've experienced significant loss this year—some of us have lost loved ones, others have lost a sense of security, and many of us grieve relationships and our loss of normalcy. Questions like “why?” and “how long?” groan within us as we weigh facts and opinions and try to make the best decisions possible for our families and communities. As we experience lives altered by the COVID-19 pandemic and we come face to face with the disparity and inequality it has brought to light in our society, what should our response as Christians be? Together, let's turn to scripture and allow scripture to guide us in lament, a response that engages our faith and acknowledges our reality.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- How do you define lament? What is its purpose?
- What is your natural reaction or response to uncertainty or difficulties? What do you do to help yourself cope?



**LISTEN TO THE EPISODE:** [Lament: A Faithful Response to Tragedy](#)

**READ** [Psalm 13](#), [Psalm 55](#), [Romans 14:7](#)

**REFLECTION** After listening, consider the following questions:

- Hosts Dave Bast and Scott Hoezee define lament in these three ways: 1.) “lament...is an expression of grief...of suffering,” 2.) “lament...is an act of faith—it is an acknowledgment that this isn't right—this isn't the way things are supposed to be,” and 3.) “It is a call to action, it is not just an expression of sorrow or feelings of frustration; but it calls God to act...” How do these definitions set lament apart from complaining or venting? Does lament offer hope? Why or why not?
- In segment 1, Scott shares Walter Brueggeman's analogy calling lament the “Friday voice of faith.” Why do you think this is or isn't a meaningful comparison? Is it helpful to you?
- At the close of segment 2, Scott reminds us that “even the psalms of lament...turn the corner to light...” Are you turning that corner to light in your laments? If so, what does that look like for you? If not, what do you think is holding you back?
- Dave and Scott attribute the Psalmists' ability to conclude their psalms of lament with expressions of faith to their remembrance of God's *chesed*. Reflect on the varying translations of *chesed*: unfailing love, covenant love, constant love, and loving-kindness. Identify some examples of God's *chesed* in the Bible. Then reflect on your experience. When have you experienced God's *chesed* in your life? Do these experiences remind you that God has been good to you before? Do they also help you trust that he will be good to you again?

**RELATED PASSAGES** for further study

[Psalm 74](#), [1 Peter 5:6-11](#), [Psalm 70](#), [Psalm 142](#)

## **CONCLUSION**

Reread [Psalm 13](#). Think about a situation or issue that currently weighs heavily on your heart. Write and pray your own prayer of lament for this situation Use Psalm 13 and the definitions offered above as guidance.

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**<https://groundworkonline.com/episodes/lament-a-faithful-response-to-tragedy>**

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