



# Weekend GATHERINGS

**SUNDAYS 9AM | 11AM**





# “Taking an L”





**We love winning.**







**...but sometimes we lose.**





**God has provided for us  
a practice we don't do  
as much as we could.**



# Romans 8:29 (NIV)



**For those God foreknew  
he also predestined to be  
conformed to the image  
of his Son, that he might  
be the firstborn among  
many brothers and sisters.**





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# Adoration Confession Thanksgiving Supplication (requests)





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# WHAT IS LAMENT?

**Oxford: “A passionate expression of grief or sorrow.”**

**Biblical: “A prayer in pain that leads to trust.”**



# John 13:34-35



**A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.**







# Why do we lament?





# How do we lament?





# FOUR BASIC ELEMENTS OF LAMENT

1. Turning to God in prayer
2. Bringing our complaints
3. Asking boldly
4. Choosing to trust  
(or praise)





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**Lament helps us face  
our hurts head-on.**



# Psalm 34:18



**The Lord is near to the  
brokenhearted and saves  
the crushed in spirit.**





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**Lament puts our  
loss before the Lord,  
where it needs to be.**



# Psalm 13:1-2, 5-6



**<sup>1</sup> How long, O Lord?  
Will you forget me forever?  
How long will you hide  
your face from me?**





# Psalm 13:1-2, 5-6



**2** How long must I take  
counsel in my soul and  
have sorrow in my  
heart all the day?  
How long shall my enemy  
be exalted over me?



# Psalm 13:1-2, 5-6



**5** But I have trusted in your steadfast love; my heart shall rejoice in your salvation.

**6** I will sing to the Lord, because he has dealt bountifully with me.



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**Lament can soften  
our hearts to the  
hurts of others.**



# Galatians 6:2



**Bear one another's burdens,  
and so fulfill the law of Christ.**



# 2 Corinthians 1:3-4



**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 affliction,





# 2 Corinthians 1:3-4



so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.



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**Lament makes us  
more like Jesus.**







**Lament is a pathway  
to praise in the  
midst of pain.**



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