

Praying lament for yourself or others

(Family and friends, community, church, country, world)

a) *Pray or sing a lament psalm*

Bible or prayerbook

Sons of Korah <https://sonsofkorah.com/music/>

Poor Bishop Hooper <https://www.everypsalm.com/>

Psalms on Youtube

<https://wjdw.nl/2018/07/25/psalms-on-youtube/>

b) *Use a rewritten psalm*

Uncle Rev Ron Williams *Psalm 23 Aboriginal Style*

<https://lesnw.edu.au/psalm-23-aboriginal-style-by-uncle-rev-ron-williams/>

Bruce Prewer, *Australian Prayers and Psalms*

Malcolm Guite, *David's Crown*

Yohannah Katanacho, *Praying Through the Psalms*

c) *Choose one image or verse that is helpful to you*

Individual Psalms 3, 4, 5, 6, 7, 10, 11, 12, 13, 14, 40

Corporate Psalms 44, 60, 74, 79

d) *Write your own prayer*

SEMINAR ON LAMENT

St Paul's Cathedral Sale

09 03 2024

Jill Firth

II: Lament in the Psalms

Lament is talking *to* God about trouble and sorrow

Talking

to

God

about *trouble* and *sorrow*

God loves lament

Anyone can lament about *anything, anywhere*

We can lament for ourselves or others

We never lament *alone* as Jesus and the Holy Spirit are always praying with us.

Someone, somewhere, is always praying for us

Three main sources of trouble in the Psalms

THEY

(The enemy)

Ps 3-5

I/WE

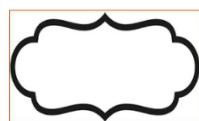
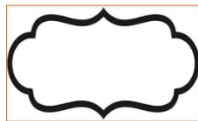
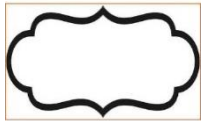
(The 'Righteous')

Ps 6, 7

YOU

(God)

Ps 10, 13



Various kinds of lament

Confidence

(like Psalm 3, 23)

Lament

(like Psalm 10, 13, 88)

Complaint



Various lament journeys

Lament to praise (e.g. Psalms 5, 6)

Fluctuating between lament and trust (e.g. Psalm 22)

Praise to Lament (e.g. Psalm 40)

Steady confidence (e.g. Psalm 23)

Unremitting lament (e.g. Psalm 88)

5 Steps of Lament

1. Address to God (O God)
2. Description of problem (danger, trouble, sorrow)
3. Request for help, presence, etc.
4. Trust, thanks
5. Looking forward to future praise

(don't need all the steps)

(Steps don't need to be in order)