

WHEN IT HURTS

The Life of Job

THE HEALING POWER OF LAMENT

Job 3

The Lament:

Oh, that I had never been born.
Oh, that I had died before birth.
Oh, that I could die right now.

The healing power of lament:

- 1) There is no surrender without declaring war.
- 2) Lament opens the door to a changed perspective.
- 3) Lament communicates great trust that God can handle our complaint.

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

- 1) Have you been through a suffering experience and tried to share your raw emotions with a friend? With God? How did it go?
- 2) Read Job's lament in Job 3. What strikes you as most important? Examine verse 25. What have you feared most about life?
- 3) Lament is common in the Bible. Read Psalm 88. How does this strike you? Do you feel uncomfortable with it?
- 4) How does lament communicate trust in God? See Jesus lament in Mark 15:34. Is there something you're feeling about God that you have been afraid to say to Him? Why?

MEMORY VERSE

"Blessed are those who mourn, for they will be comforted."
Matthew 5:4