**2 Chronicles 20:5-12 King Jehoshaphat’s Prayer**

Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the Lord,

“O Lord, God of our fathers, are you not God in heaven? You rule over all the kingdoms of the nations. In your hand are power and might, so that none is able to withstand you.

7Did you not, our God, drive out the inhabitants of this land before your people Israel, and give it forever to the descendants of Abraham your friend? 8And they have lived in it and have built for you in it a sanctuary for your name, saying, 9‘If disaster comes upon us, the sword, judgment, or pestilence, or famine, we will stand before this house and before you—for your name is in this house—and cry out to you in our affliction, and you will hear and save.’

10And now behold, the men of Ammon, Moab and Mount Seir, whom you would not let Israel invade when they came from Egypt, and whom they avoided and did not destroy— 11behold, they reward us by coming to drive us out of your possession, which you have given us to inherit.

12O our God, will you not execute judgment on them? For we are powerless against this great horde that is coming against us.

We do not know what to do, but our eyes are on you.”

**Psalm 13:1-6 A Psalm of David**

1How long, O Lord? Will you forget me forever? How long will you hide your face from me?

2How 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?

3Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death, 4lest my enemy say, “I have prevailed over him,” lest my foes rejoice because I am shaken.

5But I have trusted in your steadfast love; my heart shall rejoice in your salvation. 6I will sing to the Lord, because he has dealt bountifully with me.

**Personal Growth in Times of Crisis**

A picture containing graphical user interface

Description automatically generated**Resource:**

Dark Clouds, Deep Mercy by Mark Vroegop

**Definition:**

Biblical lament is a prayer in pain that leads to trust.

**The four key elements of a Biblical Lament:**

1. Turning in Prayer.
2. Bringing our Complaints.
3. Asking Boldly.
4. Expressing Trust.

**Assignment:**

Using Psalm 13 as a model, crate a lament that allows you to bring a personal situation before the Lord – your own prayer in pain that leads to trust. Feel free to choose a different psalm from the list below as your model if you desire.

**Suggested Psalms or prayers of lament:**

Individual Psalms of Lament

Psalm 3

Psalm 6

Psalm 13

Psalm 22

Psalm 28

Psalm 56

Psalm 57

Psalm 71

Psalm 77

Psalm 85

Psalm 90

Psalm 142

Communal Psalms of Lament

Psalm 12

Psalm 44

Psalm 60

Psalm 74

Psalm 79

Psalm 80

Psalm 85

Psalm90

Jehoshaphat’s Lament

2 Chronicles 20:6-12

Learning-to-Lament Worksheet

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Movements Psalm \_\_\_3\_\_\_ My Lament

Of Lament

***Turn to Go*d** v. 1: “O Lord, how many are Father, here I am again

Address God as my foes!” with a heart full of

you come to him worries and fears. I’m

in prayer. This is praying with a heart

sometimes combined that is struggling.

with complaint.

**Bring your**  v. 1: Many are rising against I’m totally over-

**Complaint** me.” Whelmed, God! The

Identify in blunt v.2: Many are saying of my pressures of life, family,

language the soul, There is no salvation and ministry feel too

specific pain or for him in God.” Great. I don’t have

injustice. “Why” enough energy,

or “How” is often strength, or wisdom for

part of the complaint. All the challenges. I’m

drowning. And it gives rise to unbelief in my heart. I start to doubt your faithfulness to me.

**Ask Boldly** v. 7 “Arise, O Lord! Help me God! Right

Specifically call Save me, O my God! For you now. I’m writing this

upon God to act strike all my enemies on the prayer because I need

in a manner that cheek; you break the teeth of the you to reorient my

fits his character wicked. Thinking. Conquer the

and resolves your lies of the enemy that

complaint. Run through my mind. Grant me the ability to

trust you. Bless me to-

day, please God.

**Choose to Trust**  v. 3 “But, you, O Lord, are a shield But God, yes! You are a

Affirm God’s shield about me, my glory, and the shield for me. Even

worthiness to be lifter of my head.” Now you are protecting

trusted, and commit me and helping me

to praising him. Through the Gospel of

Christ and the Holy

Spirit. You’ve never failed me.

Learning-to-Lament Worksheet

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Movements Psalm \_\_\_\_\_ My Lament

Of Lament

***Turn to Go*d**

Address God as

you come to him

in prayer. This is

sometimes combined

with complaint.

**Bring your**

**Complaint**

Identify in blunt

language the

specific pain or

injustice. “Why”

or “How” is often

part of the complaint.

**Ask Boldly**

Specifically call

upon God to act

in a manner that

fits his character

and resolves your

complaint.

**Choose to Trust**

Affirm God’s

worthiness to be

trusted, and commit

to praising him.