

# TRANSITIONING WELL

## THE IMPORTANCE OF LAMENT

*“He that lacks time to mourn, lacks time to mend.” -Sir Henry Taylor*

### **Psalm 3**

**A psalm of David. When he fled from his son Absalom.**

- 1 LORD, how many are my foes!  
How many rise up against me!
- 2 Many are saying of me,  
“God will not deliver him.”[b]
- 3 **But you**, LORD, are a shield around me,  
my glory, the One who lifts my head high.
- 4 I call out to the LORD,  
and he answers me from his holy mountain.
- 5 I lie down and sleep;  
I wake again, because the LORD sustains me.
- 6 I will not fear though tens of thousands  
assail me on every side.
- 7 Arise, LORD!  
Deliver me, my God!
- Strike all my enemies on the jaw;  
break the teeth of the wicked.
- 8 From the LORD comes deliverance.  
May your blessing be on your people.



# PSLAM OF LAMENT

A song of \_\_\_\_\_ (your name)

when I...

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(identify a situation in your life that is troubling you, where you are experiencing loss, fear, or disappointment)

## COME TO THE LORD

*“O Lord, how many are my foes...”*

The importance is in the “coming”. What name do you use in this moment? What’s the condition of your heart in this moment?

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## BRING YOUR COMPLAINT

*“Many are saying of me...”*

Describe your struggle or conflict. It is often an honest complaint which arises from what’s going on outside of you or within you. Describe the losses, disappointments and fears that you are feeling.

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# PSLAM OF LAMENT

## THE TRUTH

*“But You, O Lord, are a shield around me, my glory, and the One who lifts my head high.”*

What truth do you need to call to mind to enable you to walk in trust?

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## ASK BOLDLY

*“I cry out to the Lord, and He answers me...”*

Specifically call upon God to act in a manner that fits His character and resolves your complaint.

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## CHOOSE TO TRUST

*“I lie down and sleep; I wake again, because the Lord sustains me. I will not fear...”*

Affirm God’s worthiness to be trusted and commit to walking ahead with that in focus.

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This exercise was adapted by Alongside from one written by Mark Vroegop in *Dark Clouds Deep Mercy: Discovering the Grace of Lament* (Crossway, 2019)

