

## **Types of Prayer from the Bible Week 4**

### **LAMENT**

God wants us to bring our fears, doubts, and despair to Him. In 1 Peter 5:7, we are told to cast all our anxieties on Him. We see countless examples of lament in the Bible, where faithful followers of God wrestled with doubts, difficulty, and even depression. An entire book of the Bible is called Lamentations, after all! Check out these three prayers from the Bible for examples of lament and sorrow and how we can approach God while feeling that way.

#### **Psalm 88:1-7**

“O Lord, God of my salvation, I cry out day and night before you. Let my prayer come before you; incline your ear to my cry! For my soul is full of troubles, and my life draws near to Sheol. I am counted among those who go down to the pit; I am a man who has no strength, like one set loose among the dead, like the slain that lie in the grave, like those whom you remember no more, for they are cut off from your hand. You have put me in the depths of the pit, in the regions dark and deep. Your wrath lies heavy upon me, and you overwhelm me with all your waves.”

#### **Lamentations 5:1-5**

“Remember, O Lord, what has befallen us; look, and see our disgrace! Our inheritance has been turned over to strangers, our homes to foreigners. We have become orphans, fatherless; our mothers are like widows. We must pay for the water we drink; the wood we get must be bought. Our pursuers are at our necks; we are weary; we are given no rest.”

#### **Psalm 13:2-3**

“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? Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death...”

#### **Application**

Has your heart been heavy and burdened lately? Do you feel anxious, depressed, angry, or grieved? Know that God’s arms are a safe place, and His listening ear is there for you. How can you alter these laments to fit your current situation, feelings or needs?