



By Hope Wilson

There is no doubt that COVID-19 has turned our world upside down.

It seems in a moment we went from planning weddings, vacations and soccer games to stay-at-home curfews and to, "Sorry we cannot keep you on the payroll, we are closing."

You are not alone—Job, David and Jesus have been in your shoes. Job knew the sudden loss of everything: "The Lord alone gives and takes," (Job 1:21, CEV). David could identify with the feeling of being abandoned: "How long, Lord?" (Psalm 13:1, NIV). And our Savior knew rejection all too well from every human being and His own Father: "Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will" (Mark 14:36, ESV).

Are you discouraged almost to despair? God invites you to lament, express your overwhelming griefs and sorrows. Don't run, but instead turn to Him. He stands ready to revive you and show you the way out.

Three Prayers of Lament That Can Help You:

1. Cry

Cry out to God, "Out of the depths I cry to you, Lord; Lord, hear my voice!" (Psalm 130:1, NIV). Tell Abba your pain and do not recoil from expressing your fears. Our confidence is not in ourselves, but in God, the Creator and Sustainer of all things. We see His commitment to this in Psalm 34:18 (ESV), "The Lord is near to the

brokenhearted and saves the crushed in spirit..." To read individual laments in Scripture, read Psalms 13:42,55 that you can use to express your turmoil in prayer.

2. Ask

After pouring out your heart to the Lord in prayer, do not stop there. That would be grumbling! This is a prayer to make your plea/petition for divine intervention. Like the persistent widow, ask what you need daily. Luke reminds us in Luke 18:1-8 (ESV) that our God is Just. "And there was a widow in that city who kept coming to him and saying, 'Give me justice against my adversary.' For a while he refused, but afterward he said to himself, 'Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.' And the Lord said, 'Hear what the unrighteous judge says. And will not God give justice to His elect, who cry to Him day and night? Will He delay long over them?'" (Luke 18:3-7, ESV).

3. Trust

You have made your troubles and sorrows known to God. You have asked for assistance. Now trust. Prayers of lament are forward-looking, and they look forward to a better tomorrow. They reflect on His faithfulness in the past and in every word in Scripture and lean forward in faith that He who is faithful, will remain faithful to the end.

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