

LAMENTATION AND LESSONS ON GRIEF

- Lamentations 1:2 - *She weeps bitterly in the night, with tears on her cheeks...*
- *J. I. Packer wrote, “Grief is the inward desolation that follows the losing of something or someone we loved – a child, a relative, an actual or anticipated husband or wife, a pet, a job, one’s home, one’s hopes, one’s health or whatever. The key words here of course are ‘love’ and ‘loss.’ Grief is the process of facing the loss of something or someone that we loved.”*

When we lose a loved one, people speak of us as being **bereaved**. The word '*reaved*' means to rob, plunder, or tear away.

BACKGROUND OF LAMENTATION

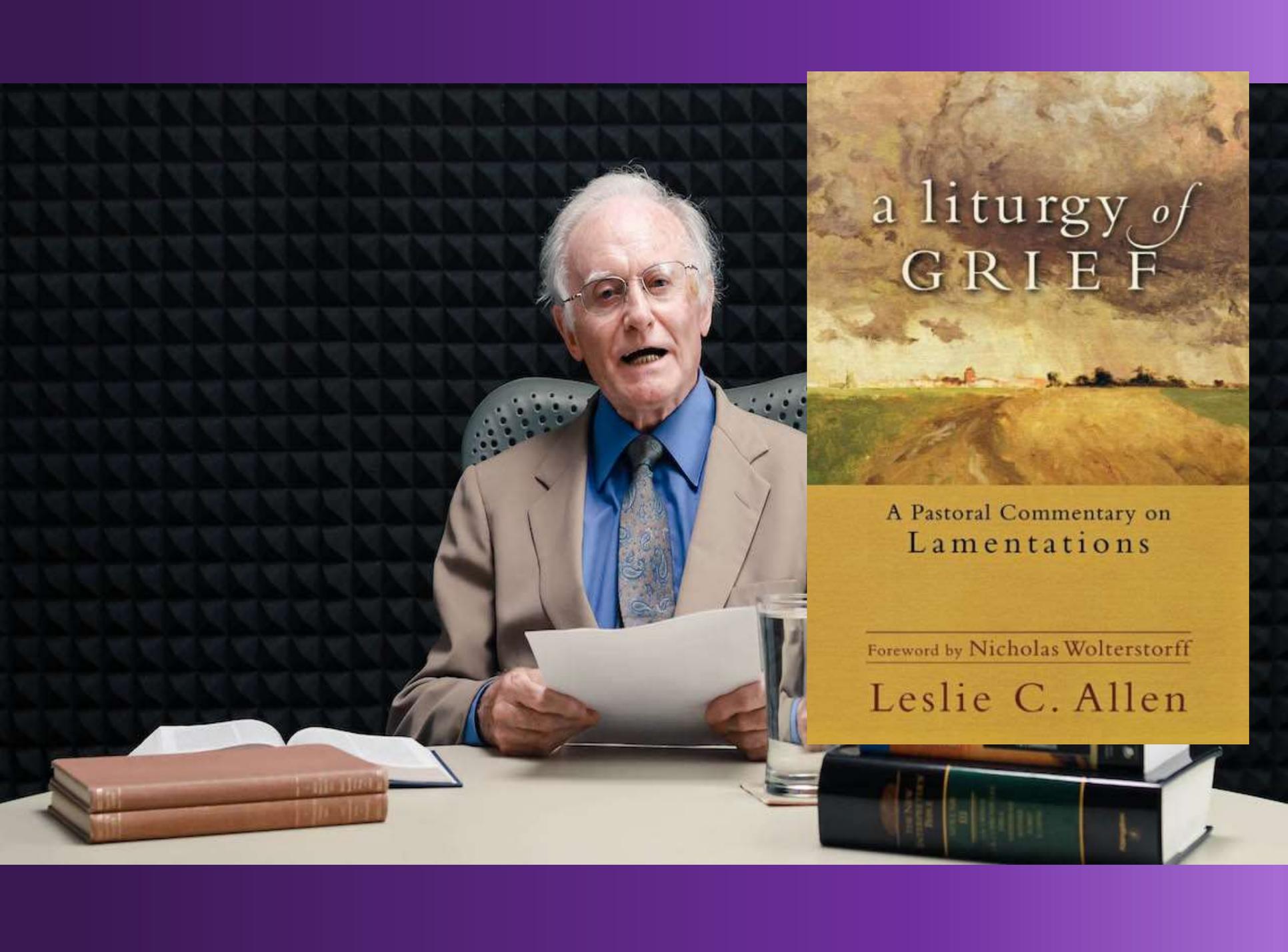
- Hebrews 10:31 (NASB) 31 It is a terrifying thing to fall into the hands of the living God.
 - Hebrews 10:31 (LBLA) 31 ¡Horrenda cosa es caer en las manos del Dios vivo!

- 1. Enemies laid siege to the city.
 - 2. Then the people starved.
 - 3. Then the city fell.
 - 4. Then the city was invaded.
- 5. Finally the temple was destroyed.

**It speaks to those who grieve
today.**

- 1. What it means to grieve and to hope.
- 2. How by understanding grief we can better live and serve in a suffering world.
 - One writer describes the book of Lamentations as “*a house for sorrow and a school for compassion.*”
- 3. And to see Jesus as we walk this path of sorrow.

- Isaiah 53:3-4 (NLT2) 3 *He was despised and rejected— a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care. 4 Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins!*
- Isaiah 53:3-4 (LBLA) 3 *Fue despreciado y desechado de los hombres, varón de dolores y experimentado en aflicción; y como uno de quien los hombres esconden el rostro, fue despreciado, y no le estimamos. 4 Ciertamente El llevó nuestras enfermedades, y cargó con nuestros dolores; con todo, nosotros le tuvimos por azotado, por herido de Dios y afligido.*



a liturgy of
GRIEF

A Pastoral Commentary on
Lamentations

Foreword by Nicholas Wolterstorff

Leslie C. Allen

- “When I arrived, I gently woke Raymond out of an exhausted sleep. Bleary eyed, he sat up in bed and said, ‘All I want to do is sleep...’ I realized that this was not the occasion for a long counseling session. So, I struggled to find something to say to Raymond. I thought for a moment and said, ‘I want to leave three words with you, Raymond: **tears**, **talk** and **time**.’ I added a brief sentence to each word and then told him to go back to sleep and remember those three words when he woke up.”

Tears: Lamentation tells us to Let Them Flow!

- She weeps bitterly in the night, with tears on her cheeks (Lam. 1:2).
- For these things I weep; my eyes flow with tears; for a comforter is far from me. (Lam. 1:16).
- My eyes are spent with weeping (Lam. 2:11).
- My eyes flow with rivers of tears because of the destruction of the daughter of my people (Lam. 3:48).
- My eyes will flow without ceasing, without respite, until the Lord from heaven looks down and sees (Lam. 3:49).

1 - It Is Well With My Soul

The image shows a musical score for the hymn 'It Is Well With My Soul'. It consists of two systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is three flats (B-flat, E-flat, A-flat) and the time signature is 4/4. The lyrics are: 'When peace like a riv - er at - tend - eth my way, When sor - rows like sea bil - lows roll;'. The piano accompaniment includes chords and single notes, with some notes marked with triangles. The vocal line includes various note values and rests.

Words by: H. G. Spafford
Music by: P. P. Bliss

“He has left me stunned, faint all the day long” (Lam. 1:13).

- Lamentations 2:18 (NIV2011) **18** *The hearts of the people cry out to the Lord. You walls of Daughter Zion, let your tears flow like a river day and night; give yourself no relief, your eyes no rest.*
- Lamentations 2:18 (LBLA) **18** *Su corazón clamó al Señor: Muralla de la hija de Sion, corran tus lágrimas como un río día y noche, no te des reposo, no tengan descanso tus ojos.*

Lamentations 2:19 –

*Pour out your heart like
water before the presence of
the Lord.*

Talk: Don't Hold It Back!

To quote the words of Shakespeare in
Macbeth,

*“Give sorrow words: The grief that does not
speak,
Whispers the o’er fraught heart, and bids it
break.”*





Donald Howard writes on this
with great wisdom:

“Let the bereaved
speak...Statements such as ‘You
must often think of the time
when you did such and such
together...’ are ways of initiating
discussion.”

We are called to “*rejoice with those who rejoice*” and “*weep with those who weep*” (Rom. 12:15)

Romans 12:15 (LBLA) 15

*Gozaos con los que se gozan
y llorad con los que lloran.*

1 Corinthians 12:26 — And if one member suffers, all the members suffer with it; if one member is honored, all the members rejoice with it.

1 Corinthians 12:26 (LBLA) 26 Y si un miembro sufre, todos los miembros sufren con él; y si un miembro es honrado, todos los miembros se regocijan con él.

Christ

- John 11:33-35 (NASB) *33 When Jesus therefore saw her weeping, and the Jews who came with her also weeping, He was deeply moved in spirit and was troubled, 34 and said, "Where have you laid him?" They *said to Him, "Lord, come and see." 35 Jesus wept.*
- John 11:33-35 (LBLA) *33 Y cuando Jesús la vio llorando, y a los judíos que vinieron con ella llorando también, se conmovió profundamente en el espíritu, y se entristeció, 34 y dijo: ¿Dónde lo pusisteis? Le dijeron: Señor, ven y ve. 35 Jesús lloró.*

- Psalm 56:8 (NLT2) **8** *You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.*
- Psalm 56:8 (LBLA) **8** *Tú has tomado en cuenta mi vida errante; pon mis lágrimas en tu redoma; ¿acaso no están en tu libro?*

• Isaiah 61:1-3 (NASB) *1 The Spirit of the Lord GOD is upon me, Because the LORD has anointed me To bring good news to the afflicted; He has sent me to bind up the brokenhearted, To proclaim liberty to captives And freedom to prisoners; 2 To proclaim the favorable year of the LORD And the day of vengeance of our God; To comfort all who mourn, 3 To grant those who mourn in Zion, Giving them a garland instead of ashes, The oil of gladness instead of mourning, The mantle of praise instead of a spirit of fainting. So they will be called oaks of righteousness, The planting of the LORD, that He may be glorified.*

• Isaiah 61:1-3 (LBLA) *1 El Espíritu del Señor DIOS está sobre mí, porque me ha ungido el SEñOR para traer buenas nuevas a los afligidos; me ha enviado para vendar a los quebrantados de corazón, para proclamar libertad a los cautivos y liberación a los prisioneros; 2 para proclamar el año favorable del SEñOR, y el día de venganza de nuestro Dios; para consolar a todos los que lloran, 3 para conceder que a los que lloran en Sion se les dé diadema en vez de ceniza, aceite de alegría en vez de luto, manto de alabanza en vez de espíritu abatido; para que sean llamados robles de justicia, plantío del SEñOR, para que El sea glorificado.*

- Isaiah 53:3 - tells us Our Lord *was a man of sorrows and acquainted with grief.*
- In Matthew 26:38 NIV in the Garden of Gethsemane, our Lord said, “*My soul is overwhelmed with sorrow*”.