

## Lament Workshop

### I. Why use lament in counseling?

#### 1. Scripture demonstrates the need for lament

**1 Peter 5:7** "Cast all your anxiety on Him because He cares for you."

**Psalm 34:18** "The Lord is close to the brokenhearted, and saves those who are crushed in spirit."

**Psalm 62:8** "Trust in Him at all times, O people; pour out your hearts to Him, for God is our refuge."

**Psalm 64:1** "Hear me, my God, as I voice my complaint; protect my life from the threat of the enemy."

**Psalm 142:2** "I pour out before Him my complaint; before Him I tell my trouble."

**\*\*Mark 15:34** "My God, my God, why have you forsaken me?" \*\*

Encourage your counselee that this is a God-given gift He uses to bring healing and hope! When we are experiencing deep sorrow, we often want to turn inward, or try to find comfort in things that will not satisfy. But in lament, we are turning to the only ONE who can truly bring healing! They may be hesitant, thinking it isn't right to talk to God like this. But Jesus did it, and it is the language of 1/3 of the Psalms!

#### 2. Sometimes counselees are stuck in their emotions and the burden of their circumstances. This is one of those "ways of escape" God has given us from 1 Corinthians 10:13!

You may have used all sorts of homework tools to address grief, anxiety, anger, even self-pity. But lament is often the scriptural gift needed to get your counselee "over the hump". **To be honest, it is also something we desperately need to do ourselves as counselors.** (for when we are burdened by the sorrows we carry with our counselees, for when we are tired of our own sin and the sins we see all around us, and for personal areas of suffering) **(my own examples of Psalm 55, 59 for injustice; Psalm 77 for personal pain; Psalm 13 for all kinds of stress)**

### II. How to use lament in counseling

1. **Show your counselee that this is a good gift from the Lord!** In a session, open up to one of the lament Psalms (13 is a good place to start). Have your counselee read it out loud. Ask them, "What emotions do you see expressed in this Psalm?" Show them the aspects of turn, complain, ask, and trust. Reinforce that this is a cry of the heart that leads to worship!!

**2. Get out the lament worksheet.** Have your counselee identify the aspects and phrases of turn, complain, ask and trust in the Psalm. Then ask, "What would be your opening phrase of turning to the Lord?" What complaint do you really want to say to God about this situation? What are you wanting to ask God to do in this situation? How can you express your trust and worship to the Lord as you wait for Him to act?

### **III. Work through some examples**

1. Psalm 13
2. Psalm 77
3. Psalm 55, 59, or have someone else choose one.

### **IV. The goal of lament**

**1 Corinthians 10:31** "Whether you eat or drink or whatever you do, do all to the glory of God."

**Philippians 1:9-11** "That your love may abound still more and more in knowledge and all **discernment**, that you may approve the things that are excellent, that you may be **sincere** and without offense till the day of Christ, being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God."