

Learning to Lament

“Lament is the song we sing in the space between pain and promise. It becomes the path between the poles of a hard life and trusting God’s goodness. Lament helps us embrace two truths at the same time: hard is hard; hard is not bad.”

—Mark Vroegop, *Dark Clouds, Deep Mercy*

Four Steps to Biblical Lament:

1. Lament Turns to God
2. Lament Complains Honestly
3. Lament Asks Boldly
4. Lament Decides to Trust

Psalms of Lament

Personal An individual vocalizing pain, grief, fear, or some other strong emotion	3, 4, 5, 7, 10, 13, 17, 22, 25, 26, 28, 31, 39, 42, 43, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 120, 141, 142
Corporate A group or nation vocalizing pain, grief, fear, or some other strong emotion	12, 44, 58, 60, 74, 79, 80, 83, 85, 90, 94, 123, 126
Repentant An individual or group expressing regret or sorrow for sin	6, 32, 38, 51, 102, 130, 143
Imprecatory An individual or group expressing outrage and a strong desire for justice	35, 69, 83, 88, 109, 137, 140
Partial Sections of lament within other psalms	9:13-20, 27:7-14, 40:11-17
Debatable Psalms that some consider to be lament in total or in part	14, 36, 41, 52, 53, 63, 78, 81, 89, 106, 125, 129, 139

As cited in Mark Vroegop, *Dark Clouds, Deep Mercy: Discovering the Grace of Lament* (Wheaton, IL: Crossway, 2019), 201.