

5 2 WEEKS
OF GROWTH

Give it a Year
Week 32

WEEK 32

Psalm 42:3-5 (NIV)

“My tears have been my food day and night,
while people say to me all day long, ‘Where is
your God?’

These things I remember as I pour out my soul:
how I used to go to the house of God under the
protection of the Mighty One with shouts of joy
and praise among the festive throng.

Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God, for I will yet praise Him, my
Savior and my God.”

It's hard to think of lament as a gift. It's easier to think that it's an emotion that we shouldn't be feeling and push it down and deny it all together. But lament is one of the most honest expressions of faith. It is not simply sadness or complaint...it is worship through tears. It's sadness with hope. Lament happens when we bring our pain, confusion, and disappointment before God instead of turning away from Him. It is the sacred act of saying, “God, I trust You enough to tell You how much this hurts.”

In Scripture, lament is not rare—it's everywhere. Nearly one-third of the Psalms are laments. The prophets lamented over broken nations. Jesus Himself lamented and cried out from the cross, “My God, My God, why have You forsaken Me?” (Matthew 27:46).

When hardships happen in our life and we feel like our life has just fallen apart, our natural response may be to numb the pain. Another common reaction is to just busy ourselves or to pretend everything is fine. But lament invites us to slow down, feel deeply, and speak honestly to God. It is in lament that we meet God most intimately, for He is “close to the brokenhearted and saves those who are crushed in spirit” (Psalm 34:18).

Lament begins with pain but ends with praise. It starts in the valley but points us toward hope. David, Jeremiah, and even Jesus show us that lament is not the opposite of faith...it is the language of faith in the dark. To lament is to believe that God still hears, still cares, and still reigns...even when we cannot see His hand at work.

So, when the world feels heavy or your heart feels broken, don't silence your sorrow. Bring it to God. Let your tears become prayers. Let your questions become confessions of trust. The Lord can handle your honesty...and He will meet you there.

READ:

Psalms 13:1–6

Lamentations 3:19–24

Matthew 5:4

Romans 8:26

Revelation 21:4

REFLECT:

- What pain or loss in your life have you been afraid to bring to God?
- How might lament help you experience God's comfort and presence more deeply?
- Write a personal lament to God—begin with your honest feelings, then end with a statement of hope or trust.
- Reflect on a time when expressing your pain led to unexpected peace or healing. What did you learn about God in that moment?

PRAYER:

Father God, Thank You that You are not distant from my sorrow. You see every tear and hear every cry. Teach me to come to You with my pain, not to hide it or minimize it. Help me to trust that even in my darkest nights. You are near and working for my good. Turn my lament into worship and my mourning into hope. I place my brokenness in Your hands and believe that You will restore and renew me in Your perfect time. In Jesus' name I pray. Amen.