

# WEEK 4: LAMENT OF LAMENTS

*Main Theme of the Week: Practice of Lament*

For this week's devotionals, we will spend time in the practice of lament. Each day has a different lament from the Psalms. As you read each Psalm, notice the pattern in each lament- address or cry out to God, present a complaint and ask for help, affirmations of trust and praise to God. Write and pray your own lament following that same pattern. You can write a new lament each day or pray the same one throughout the week.

## **DAY 1: PSALM 10**

## **DAY 2: PSALM 13**

## **DAY 3: PSALM 77**

## **DAY 4: PSALM 22**

*Go Deeper:* Jesus references Psalm 22 on the cross. Read Matthew 27 and notice the parallels and allusion to Psalm 22

## **Day 5: Lament of Laments**

Take time to watch the teaching for Sunday. Listen, reflect, and be ready to discuss with your House Church as well as your experience in practicing lament this week.