

Learning to lament

Many of us are finding it hard to connect with God at this time. In such seasons how precious the psalms of lament become for us! God has given us words with which to come to him in prayer even in the midst of pain. These psalms are so helpful for us to guide us back to God and receive grace from Him when we feel as though we don't know where to start, when we feel as though we don't even want to pray anymore.

So let us learn to lament, starting with [Psalm 77](#).

- ¹ I cried out to God for help;
I cried out to God to hear me.
- ² When I was in distress, I sought the Lord;
at night I stretched out untiring hands,
and I would not be comforted.
- ³ I remembered you, God, and I groaned;
I meditated, and my spirit grew faint.
- ⁴ You kept my eyes from closing;
I was too troubled to speak.

Here is a man who desperately cries to God for help. He is in distress, finding no comfort from God. When he does remember God and meditate on his word it doesn't seem to get him anywhere. He has sleepless nights, churning over his worries, too troubled at times even to speak to God.

How good of God to give us Psalms like this!

God knows how we feel. He hears the cries of our hearts. He sees the tears and troubles. He says to us: 'Come to me in the midst of your pain and sorrow. Turn to me, don't run from me'.

This is how we start to learn to lament: we turn to God in the midst of pain. And we discover as we do so that there are precious truths about God that we learn only on the dark days, in the shadows, that we will never learn whilst we enjoy a carefree life running in the sunshine.

God surely has much to teach us about Himself through this coronavirus season. Let us ask God for his grace to learn to lament and so deepen our trust in Him.