

GRIEF, LOSS & LAMENT

2 SAMUEL 1 | ERIC SIMPSON | JULY 21, 2019

2 Samuel 1:11-12

¹¹ Then David and all the men with him took hold of their clothes and tore them. ¹² They mourned and wept and fasted till evening for Saul and his son Jonathan, and for the army of the LORD and the house of Israel, because they had fallen by the sword.

lament = a way of expressing our grief, being honest with our loss without letting it define us

“Lament isn't an animal wail and inarticulate howl, lament notices and attends, savors and delights in details, images and relationships. Pain entered into, accepted and owned can become poetry. It is no less pain but it is no longer ugly.” – Eugene Peterson

“Denial and distraction are the standard over-the-counter prescriptions of our culture for dealing with loss...the societal effect is widespread addiction and depression...widespread inability or refusal to face pain, face rejection and frustration, endure not having what we want or getting our own way.” – Eugene Peterson

We lament what we care about.

Four movements of lament from Psalm 142...

- Cry out to God

Psalm 142:1

I cry aloud to the LORD; I lift up my voice to the LORD for mercy.

- Express the core of the struggle/pain

Psalm 142:2-4

² I pour out my complaint before him; before him I tell my trouble. ³ When my spirit grows faint within me, it is you who know my way. In the path where I walk men have hidden a snare for me. ⁴ Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.

- Declare the truth of who God is

Psalm 142:5

I cry to you, O LORD; I say, “You are my refuge, my portion in the land of the living.”

- Ask for God's help

Psalm 142:6-7

⁶ Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. ⁷ Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.