

A Guide for Sharing Lament in Community

For the final week of this lament series, we invite you to gather as a group for a meal and a time of sharing the laments that have been written. The following three movements may guide your time together.

Movement One: Gathering

Begin with prayer and scripture

OPENING PRAYER

We gather together in the name of Jesus and in the holy and loving presence of our God in whom we live and move and have our being. Together we remember God's goodness and active redemption and restoration of us and of the world throughout history. May the Holy Spirit guide us as we read these words from Psalm 107.

PSALM 107

Let the redeemed of the Lord tell their story—
those he redeemed from the hand of the foe,
those he gathered from the lands, from east and west, from north and south.
Some wandered in desert wastelands, finding no way to a city where they could settle.
They were hungry and thirsty, and their lives ebbed away.
Then they cried out to the Lord in their trouble, and he delivered them from their distress.
He led them by a straight way to a city where they could settle.
Some sat in darkness, in utter darkness, prisoners suffering in iron chains,
because they rebelled against God's commands and despised the plans of the Most High.
Then they cried to the Lord in their trouble, and he saved them from their distress.
He brought them out of darkness, the utter darkness, and broke away their chains.
Some became fools through their rebellious way, and suffered affliction because of their iniquities.
They loathed all food and drew near the gates of death.
Then they cried to the Lord in their trouble, and he saved them from their distress.
He sent out his word and healed them; he

rescued them from the grave.

He stilled the storm to a whisper; the waves of the sea were hushed.

He turned the desert into pools of water and the parched ground into flowing springs;
he blessed them; he lifted the needy out of their affliction.

Let the one who is wise heed these things and ponder the loving deeds of the Lord.

(Selected verses from Psalm 107)

PRAYER for the MEAL

Thank you, God our Provider, for hearing our cries. Thank you for food in a hungry world. Remind us that every good and perfect gift comes from your hand.

Movement Two: Discussion

Use the following questions for discussion during or after the meal

What is one thing in your life that you are most grateful for today?

How did it feel to write out your lament?

What resistance or release did you feel as you wrote your lament?

Movement Three: Sharing Our Lament

Invite each person at the table to share their lament. After each lament, in solidarity and faith, invite the group to pray the following together:

Hear us, Lord. How long must we wait? Listen to our cries. Save [insert person's name] from their distress.

CLOSING PRAYER

Thank you, Lord, that we can gather together and voice our pain and frustrations in your presence. Thank you for all that is good and beautiful in our lives and in this world. Give us eyes to see glimpses of your kingdom, and in the places we feel broken and bruised, restore us and make your face shine upon us. Our hope is in you. Amen.

(Sources: Kellye Fabian and Jenna Perrine)