

"Repetition is the key to understanding."

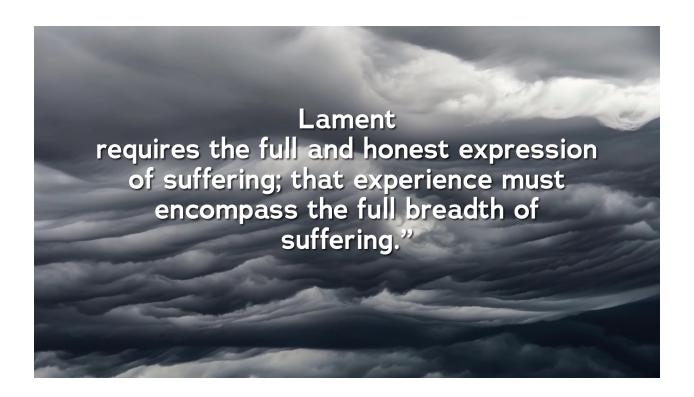


- 1. Structure
- 2. Start
- 3. Situation



to those whose story has been one of celebration
(the kings and rulers), and those whose story has been a history of suffering (women, widows, children).







Suffering is not abstract, it is very tangible.



Suffering is not just a footnote; it is a headline.

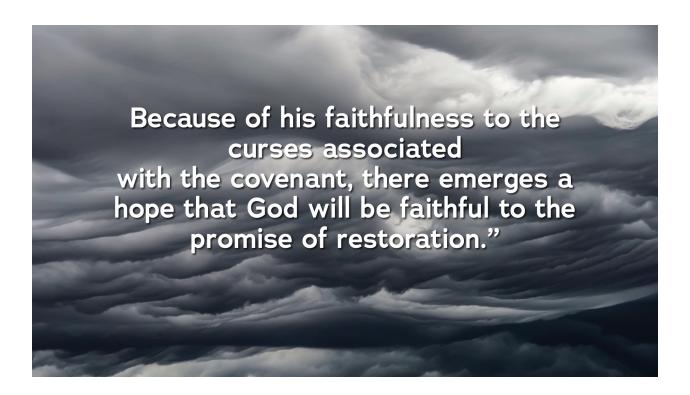


Lament is not one size fits all.



People still turn to God for restoration.

"God has shown his character to be of fidelity and justice. God is true to his nature and takes sin seriously. Justice is enacted against injustice and infidelity because God is true to his character and to the covenant.





In this season of Lent, as we fast and pray, consider making confession and repentance part of your practice.



What do we do if we don't like what God has to say? Pray and process with a trusted believer.



Reach out to someone you know who is grieving. Listen to them. If you need words, you can say: You are grieving but you are not lamenting alone.