

**WAKING UP EVERYDAY TO
NEW CORONAVIRUS REPORTS LIKE**

DAMAGE REPORT

PURSUING CHRIST TOGETHER

PURSUING
Christ
TOGETHER

PURSUING CHRIST TOGETHER

The Gift of Lament

Psalms 42-43

PURSUING CHRIST TOGETHER

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Psalms 42-43

¹ As the deer pants for streams of water,
so my soul pants for you, my God.

² My soul thirsts for God,
for the living God.

When can I go and meet with God?

Psalms 42-43

³ My tears have been my food
day and night,
while people say to me all day long,
“Where is your God?”

Psalms 42-43

⁴ These things I remember
as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.

Psalms 42-43

⁵ Why, my soul, are you downcast?

Why so disturbed within me?

*Put your hope in God, for I will yet praise him,
my Savior and my God.*



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A Gift in the Drought (42:1-5)

PURSUING CHRIST TOGETHER

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A Gift in the Drought (42:1-5)

In times of spiritual dryness,
lament is the gift of crying out to God
to give us what we're dying for.



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Psalms 42-43

⁶ My soul is downcast within me;
therefore I will remember you
from the land of the Jordan, the heights of Hermon—
from Mount Mizar.

Psalms 42-43

- ⁷ Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.
- ⁸ By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life.

Psalms 42-43

⁹ I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”

Psalms 42-43

¹⁰ My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?”

Psalms 42-43

¹¹ Why, my soul, are you downcast?

Why so disturbed within me?

*Put your hope in God, for I will yet praise him,
my Savior and my God.*



PURSUING CHRIST TOGETHER

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A Gift in the Depths (42:6-11)

PURSUING CHRIST TOGETHER

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A Gift in the Depths (42:6-11)

When we're overwhelmed,
lament is the gift of crying out to God
to rescue us from what is too much to bear.

REJOICING *in* LAMENT



*Wrestling with Incurable
Cancer & Life in Christ*

J. TODD BILLINGS

Rejoicing in Lament Wrestling with Incurable Cancer & Life in Christ

by J. Todd Billings
(2015)

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Psalms 42-43

^{43:1} Vindicate me, my God, and plead my cause
against an unfaithful nation.

Rescue me from
those who are deceitful and wicked.

Psalms 42-43

² You are God my stronghold.
Why have you rejected me?
Why must I go about mourning,
oppressed by the enemy?

Psalms 42-43

³ Send me your light and your faithful care,
let them lead me;
let them bring me to your holy mountain,
to the place where you dwell.

Psalms 42-43

⁴ Then I will go to the altar of God,
to God, my joy and my delight.
I will praise you with the lyre,
O God, my God.

Psalms 42-43

⁵ Why, my soul, are you downcast?

Why so disturbed within me?

*Put your hope in God, for I will yet praise him,
my Savior and my God.*



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A Gift in the Delay (43:1-5)

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A Gift in the Delay (43:1-5)

When we're waiting for deliverance,
lament is the gift of crying out to God
to remember us and keep his promises.



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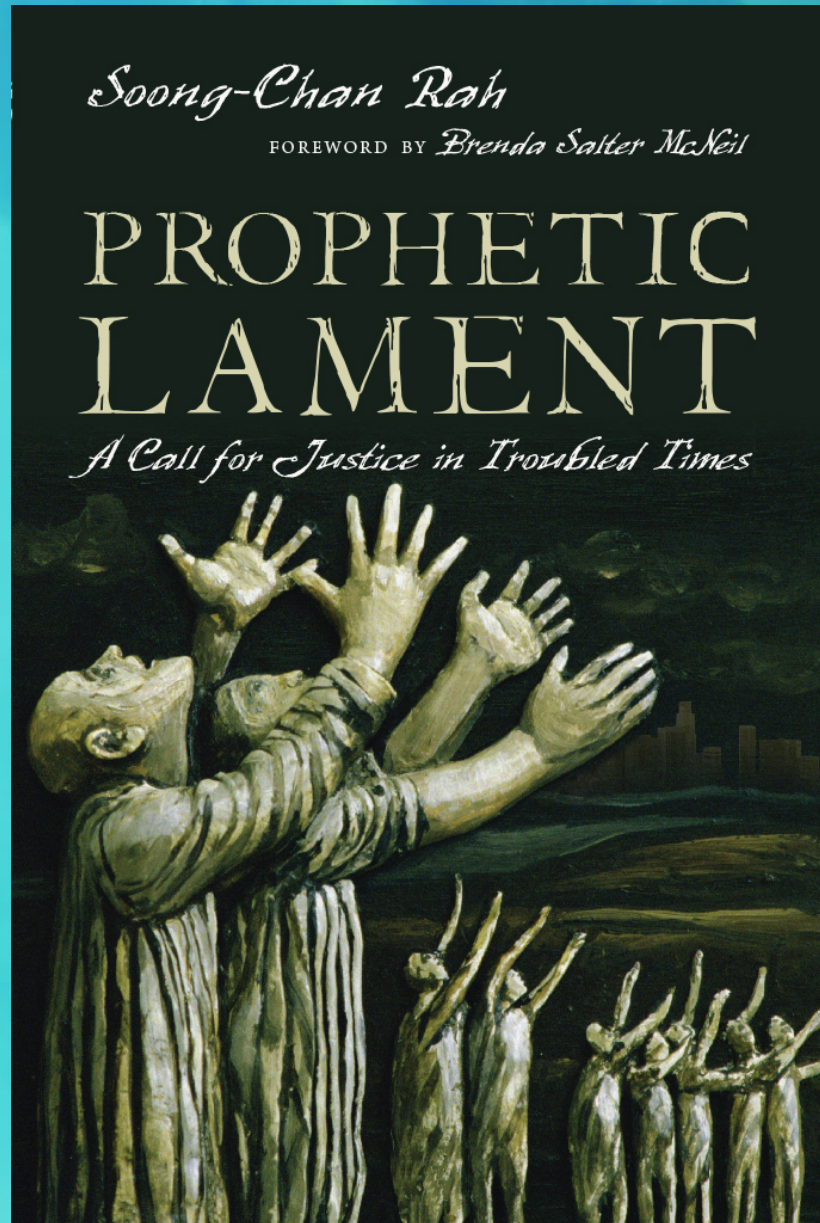
Steve's



Moment

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Prophetic Lament A Call for Justice in Troubled Times

by Soong-Chan Rah
(2015)

PURSuing CHRIST TOGETHER

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Spiritual Practice: Examen

WHAT A quiet, prayerful review of the past day (or week) to notice where God has been present

WHY To become increasingly aware of and attentive to God's presence and our emotions

Spiritual Practice: Examen

Set aside 15 minutes to answer 1 pair of questions:

- When was I aware of God's *presence*?
When did I feel his *absence*?
- For what moment am I *most* grateful?
For what moment am I *least* grateful?
- What was the most *life-giving* part of my day?
What was the most *life-draining* part?

Spiritual Practice: Examen

THEN Let your Examen answers become the starting point of prayer—including lament



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