

### **Lament...**

- † ... enables us to overcome denial.
- † ... brings into balance our humanity of both sorrow and joy.
- † ... is welcomed and understood by our Creator.

### **Lamenting...**

1. Two perspectives
  - a. Confession (thoughts and actions of wrong doing).
  - b. Expression (thoughts and feelings from the wrong done).
2. Two voices
  - a. 1<sup>st</sup> person singular (I...).
  - b. 1<sup>st</sup> person plural (We...).

### **Categories...**

- |                  |              |                |
|------------------|--------------|----------------|
| 1. Relationships | 2. Health    | 3. Governments |
| a. Marriages     | a. Physical  | a. Corruption  |
| b. Family        | b. Emotional | b. Violence    |
| c. "Others"      | c. Mental    | c. Conflict    |



*Listen*  
&  
LAMENT