

# TakeNote

Pastor Brian Howard—  
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## The Art of Lament

—Psalm 77:1–19

Part 1 of the series Dark Clouds, Deep Mercy

It's normal to feel sore right now

It's normal to feel grief right now

### The Four Steps of Lament

1. Turn to God
2. Tell God how you feel
3. Remember God's goodness
4. Trust God's process

Overthinking changes nothing

Prayer changes things

You can tell God your true feelings

You can tell God your false feelings

You will never find peace by pretending everything is alright

It's ok to not be ok

But you don't have to stay that way

Lamenting is the prescription for healing from grief

God is the incredible giver (v.17)

God is the intimate father (v.17)

God is the immutable creator (v.17)

God is the initiating savior (v.18)

God is not short on time

To trust God is to trust His timing

"I know it will happen, it's just a matter of time"

What do we do while we wait for God's timing?

We learn to lament