

Lament

Jamie Mulvaney

Amidst the battles of this season, and with it being Mental Health Awareness Week, Jamie looks at what we can learn from the biblical experience of lament. We worship the Man of Sorrows, who meets us in our pain and we meet him in his. So rather than suppressing pain, instead we offer it to God. The Man of Sorrows is also the resurrected Jesus, and with him the worst thing is never the final thing. We as the church can be a place of solidarity and transformation as we find the blessing in the middle of the battle.

Bible References

Psalm 88, Job 19:25, Lamentations 3:22-24, James 1

Discussion Questions

Read Lamentations 3:19-24

1. When our 'souls are downcast' what helps you to remember God's faithfulness?
(v23-24)

Read 2 Corinthians 1:3-5

2. How is Jesus able to meet us in times of suffering? Have you experienced Jesus meeting you in suffering?

3. What would it look like for our 'comfort in Christ' to overflow? Do you find it easy to accept that God might have a purpose for our suffering to bless others?
(2 Corinthians 1:6-7)

Worship suggestions

Until You Do - St Aldates Worship

Blessed Be Your Name - Matt Redman

Christ Is Enough - Hillsong Worship

Another In The Fire - Hillsong UNITED

Book Recommendations

Joy in the Sorrow - Matt Chandler

A Grief Observed - CS Lewis



Other Resources

If this talk raised particular issues for you we hope you find these resources helpful:

- The Samaritans can be contacted for anything that's troubling you, no matter how large or small the issue feels. Call 116 123 anytime or email jo@samaritans.org or find out more at <https://www.samaritans.org/how-we-can-help/> Other International helplines can be found at www.befrienders.org.
- Many of us will suffer from mental health problems and the best place to start is by visiting your GP so they can assess what is going on and how they can best help you. For more info on what this will involve and how you can prepare for that, visit: <http://www.mentalhealthaccesspack.org/practical-tips/accessing-help/>
- If you would value a chat and prayer, just as we would usually offer during a regular Sunday service, please click the button below to fill out a Pastoral Support Form - someone will be in contact with you very soon: <https://holytrinityclapham.churchsuite.co.uk/events/yrfdc7ud>
- We want to make sure we are looking after our wellbeing in all areas during this season of disruption and uncertainty. Find out more at <https://www.holytrinityclapham.org/whats-on/wellbeing>
- If you would like to explore counselling, we are partnering with Heart and Mind for Christian counselling. You can find out more here: <https://www.heartandmind.london/appointment-clapham>
- For articles on how to support your mental health through coronavirus, visit Mind and Soul's page on this <https://mindandsoulfoundation.org/Publisher/Search.aspx?searchType=2&searchString=coronavirus> and the Church of England's page: <https://www.churchofengland.org/faith-action/mental-health-resources/supporting-good-mental-health>
- Concerns about children, young people and adults who may be vulnerable should be reported to our Safeguarding team as soon as possible and will always be dealt with quickly and sensitively. <https://www.holytrinityclapham.org/safeguarding>

