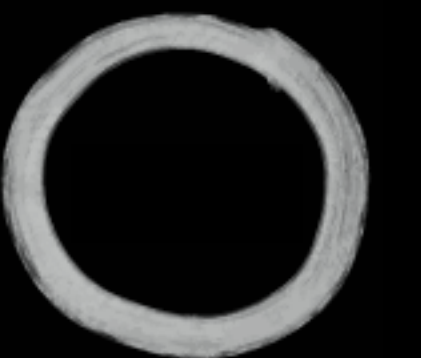




teach us to pray

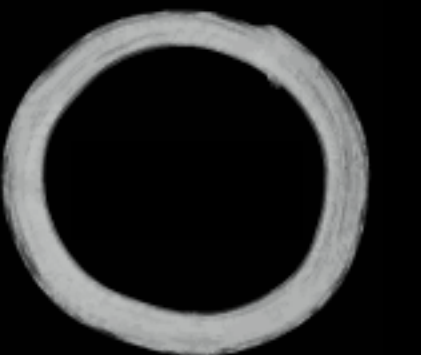


“I thank God for pain, I cannot think of a greater gift I could give to my leprosy patients...Most people view pain as an enemy. Yet without it, heart attacks, strokes, ruptured appendixes, and stomach ulcers would all occur without any warning.



Who would ever visit a doctor apart from pain's warnings?"

- Dr. Paul Brand



“Your kingdom come...”

Matthew 6:10



The Kingdom of God:



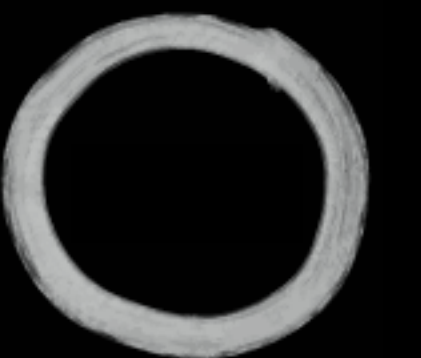
The Kingdom of God:

1. The rule and reign of God



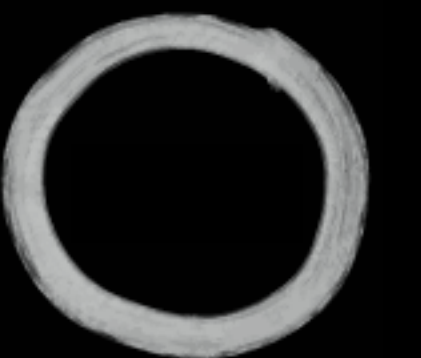
The Kingdom of God:

1. The rule and reign of God
2. The renewal of all things



If it is by the finger of God that I cast out demons, then the kingdom of God has come upon you.

Luke 11:20



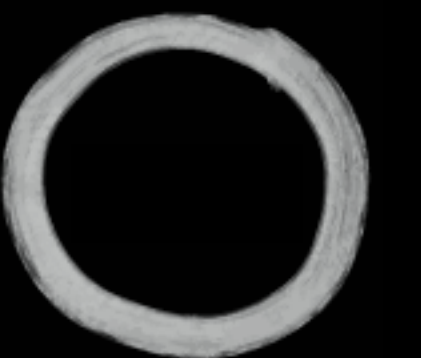
And proclaim as you go, saying, 'The kingdom of heaven is at hand.' Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without paying; give without pay.

Matthew 10:7-8



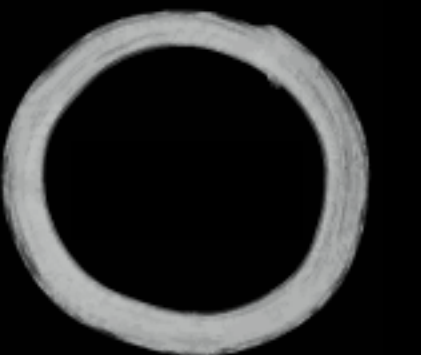
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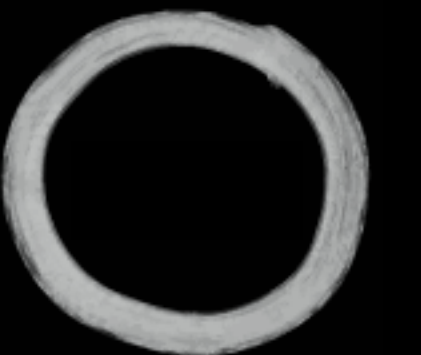


“Your kingdom come...on earth as it is in
heaven.”

Matthew 6:10

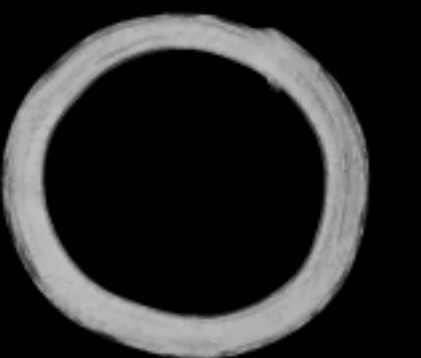


**All of our pain in life points us to where
God's Kingdom has not yet come.**



GOD'S KINGDOM

WORLD + LIFE



GOD'S KINGDOM

WORLD + LIFE

Peace + Unity



Strife + Conflict



GOD'S KINGDOM

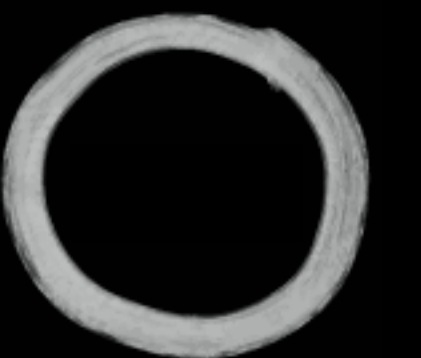
WORLD + LIFE

Peace + Unity →

Strife + Conflict

Rest for our souls →

Anxiety + Worry



GOD'S KINGDOM

WORLD + LIFE

Peace + Unity



Strife + Conflict

Rest for our souls

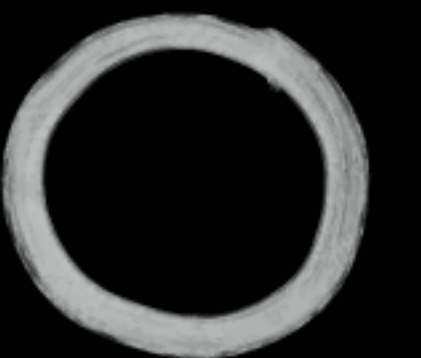


Anxiety + Worry

Worship of God



Worship of Self



GOD'S KINGDOM

WORLD + LIFE

Peace + Unity



Strife + Conflict

Rest for our souls



Anxiety + Worry

Worship of God

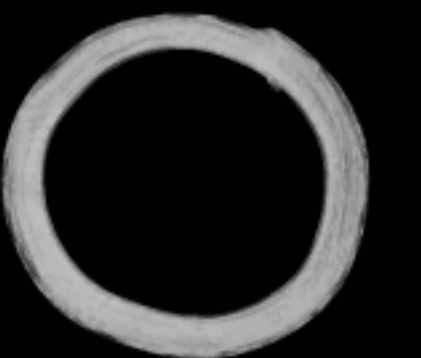


Worship of Self

Flourishing



Suffering



GOD'S KINGDOM

WORLD + LIFE

Peace + Unity



Strife + Conflict

Rest for our souls



Anxiety + Worry

Worship of God



Worship of Self

Flourishing

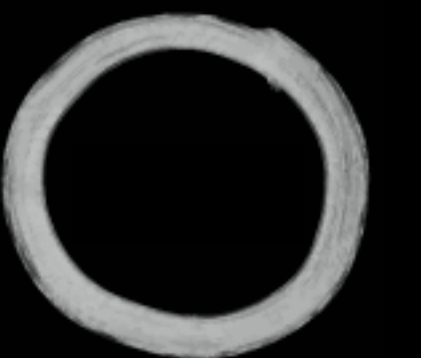


Suffering

Healing



Sickness



GOD'S KINGDOM

WORLD + LIFE

Peace + Unity



Strife + Conflict

Rest for our souls



Anxiety + Worry

Worship of God



Worship of Self

Flourishing



Suffering

Healing

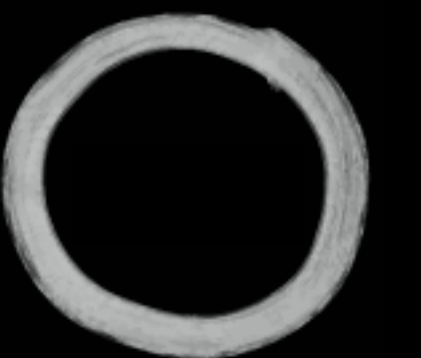


Sickness

Generosity



Greed



GOD'S KINGDOM

WORLD + LIFE

Peace + Unity



Strife + Conflict

Rest for our souls



Anxiety + Worry

Worship of God



Worship of Self

Flourishing



Suffering

Healing



Sickness

Generosity

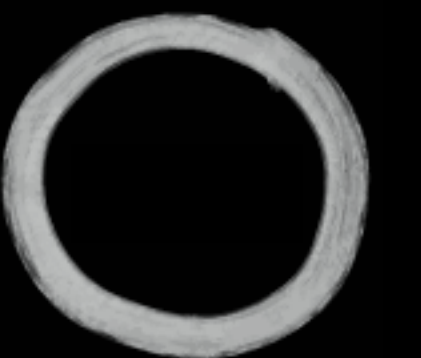


Greed

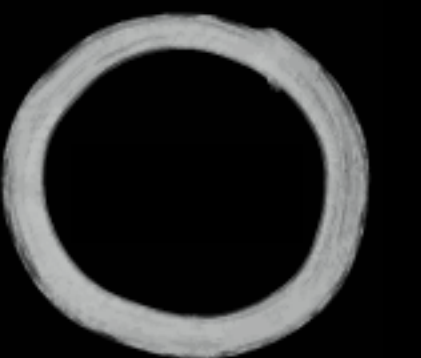
Love one another



Use one another

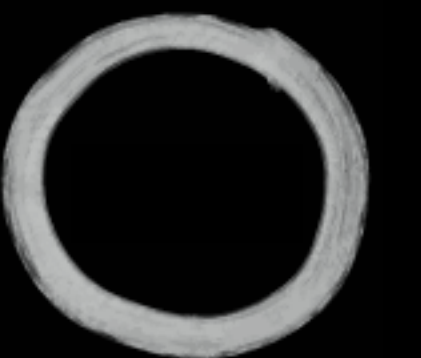


**To lament is to bring our pain and grief to
God in sorrowful yet hope-filled prayer.**

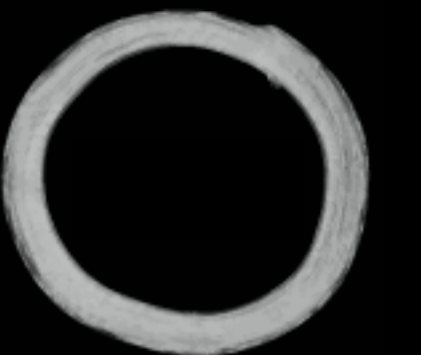


“Lament is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God’s goodness.”

- Mark Vroegop



Reasons We Don't Lament:



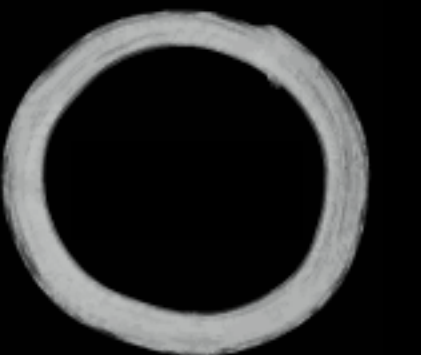
Reasons We Don't Lament:

1. We run from pain.



“It is better that the human heart feel grief and be cured of it, than by not feeling any grief and becoming inhuman.”

- Augustine



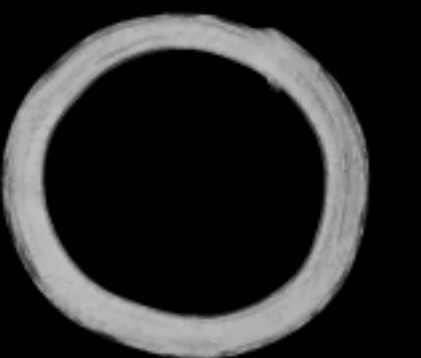
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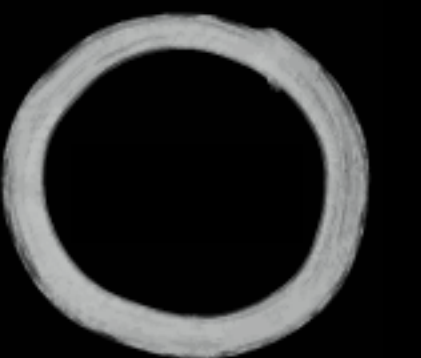


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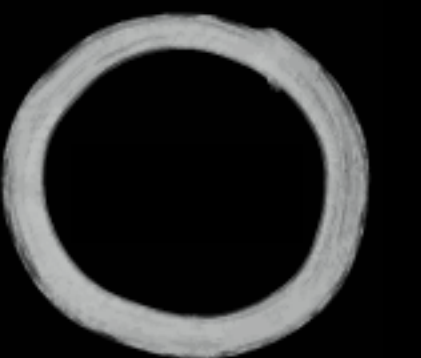
1. We run from pain.
2. We grieve, just not to God.



“Lament is different from crying because lament is a form of prayer. It is more than just the expression of sorrow or the venting of emotion. Lament talks to God about pain. And it has a unique purpose: trust.

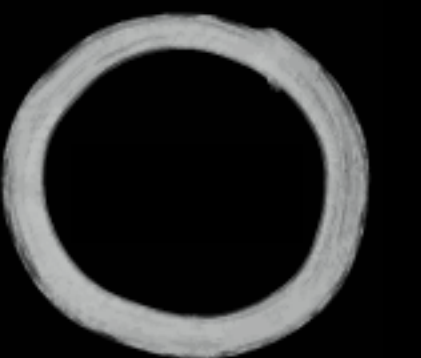


It is a divinely-given invitation to pour out our fears, frustrations, and sorrows for the purpose of helping us to renew our confidence in God...Lament is the prayer language for God's people as they live in a world marred by sin.



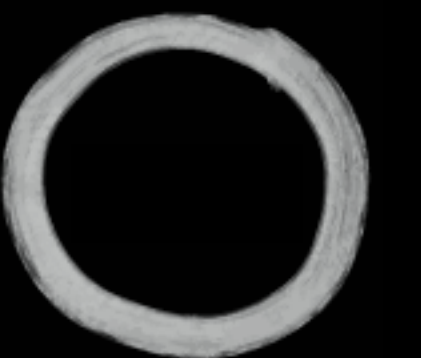
It is how we talk to God about our sorrows as we renew our hope in his sovereign care. To cry is human, but to lament is Christian.”

- Mark Vroegop



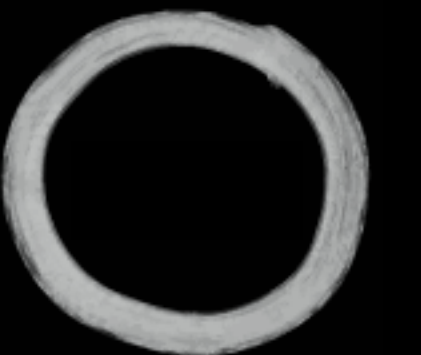
“Without lament, we feel and emote without
also inviting truth to reign in our hearts and our
hope to rest in God.”

- **Christine Hoover**



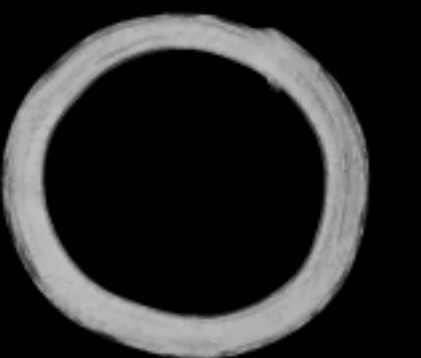


Lament Practice



Invite God to be near you in your pain

Psalm 13:1



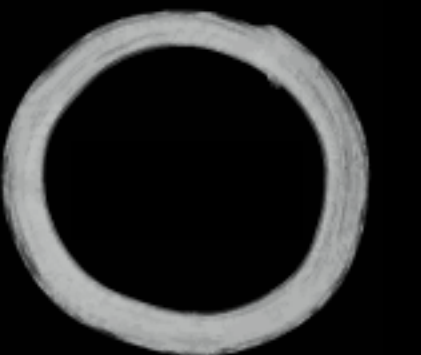
Describe your pain to God

Psalm 13:2



Depend on Him

Psalm 13:3-4



Dwell on His character and faithfulness

Psalm 13:5

