

A misty, mountainous landscape with a deep valley and steep cliffs. The scene is dominated by a thick layer of white mist or fog that fills the central valley, partially obscuring the distant peaks. The foreground shows dark, rocky slopes with some sparse green vegetation. The overall atmosphere is serene and somewhat somber, fitting the title 'Lament'.

Lament

A MINI-STUDY BY AMY SMOKER

THE COMPLICATED HEART PODCAST

Read & Ponder

After listening to the podcast (for context)

Read Lamentations 3:21 -26

Note the **hopeful** words centered in this book of lamenting.

What "THIS" might you be able to call to mind in the middle of your cries to God? What truth DO you know and that you can be sure of in the midst of all you *don't* know?

Read Isaiah 6:1-8

*My eyes have **seen** the King, the Lord Almighty.*

Where do you see, or where have you seen, God in this time or times of loss?

Of Note: At the time of this vision, it was a mark of a new season for the Prophet Isaiah. It is known that Isaiah and King Uzziah were in a close relationship. Note that the divine vision from God was given to the prophet on the heels of a loss. Scholars also note that Isaiah was in a low state when this occurred, maybe even suffering from depression.

Read Psalm 77 (To ponder)

Notice the Psalmist progressing from lamenting in a lowly state to calling to mind and recalling faithfulness, leading to worship.

Read Isaiah 57:15 (To ponder)

God lives with the contrite and lowly in spirit, and He revives their spirits and their hearts.

Read Matthew 10:27

What has God whispered to you in the dark that you can speak in the light of day which might encourage others?