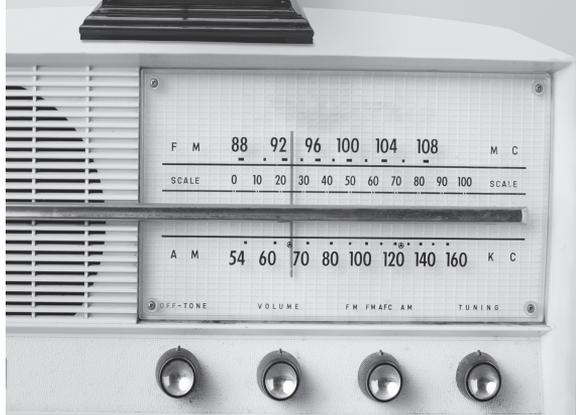


*the*  
louder  
song

Listening  
for Hope  
in the Midst  
of Lament

aubrey sampson



## APPENDIX B

# verses to cling to in pain

IN THIS SECTION ARE a few Bible verses that have meant a lot to me in this season. I don't generally love the idea of pulling verses out of context. But sometimes when we are hurting, we just need some easy-access encouragement. For the days you come to life's table feeling empty instead of full, may you find strength in God's Word.

Consider turning these verses into prayers or words of praise, adapting the "What This Says about God" section for each topic: "God, I praise you, because you are . . ."

THE LOUDER SONG

*Encouragement for* **Brokenheartedness**

<i>Scripture</i>	<p>“He heals the brokenhearted and binds up their wounds. He determines the number of the stars and calls them each by name. Great is our Lord and mighty in power; his understanding has no limit.”</p> <p>PSALM 147:3-5</p>
<i>What This Says about God</i>	<p>God is caring, healing, great, mighty, powerful, all-knowing, and limitless.</p>
<i>What This Says about You</i>	<p>He stands right by your side, making you whole, bringing you his healing. He understands everything you face. You are not alone. The God who named each star—whose power is unending—is with you and in you.</p>

*Encouragement for* **Fear**

<i>Scripture</i>	<p>“Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”</p> <p>DEUTERONOMY 31:6</p>
<i>What This Says about God</i>	<p>God is an “alongsider.” He never abandons or rejects his children. He is a good Father.</p>
<i>What This Says about You</i>	<p>You can be strong and have courage. You are not imprisoned by fear because God is here, right now, setting you free.</p>

*Encouragement for* **Discouragement**

*Scripture*

“What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.”

ROMANS 8:31-34

*What This Says  
about God*

God is on his children’s side. He is generous, extravagant in his love. He is the judge of all. He is gracious, giving, and self-sacrificing. He is a prayer warrior, praying on our behalf. He never condemns those who follow him.

*What This Says  
about You*

God is *for* you. Jesus loves you so much that he gave his own life for you. That would have been enough, but he also gives you gifts—his presence, his blessings, even his prayers. He doesn’t condemn you but forgives you, shapes you, and justifies you. Jesus talks to God about you, about your needs and your heart.

THE LOUDER SONG

*Encouragement for Grief*

*Scripture*

“Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.”

JOHN 16:20-22

*What This Says about God*

He is a joy-giver and the author of joy. His joy is permanent and indestructible and can't be taken away. He transforms pain and labor into delight.

*What This Says about You*

This sadness and grief will not have the final word in your life. God will one day turn it all into joy.

*Encouragement for Loneliness*

*Scripture*

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

JOSHUA 1:9

*What This Says about God*

He is strong, dependable, and enduring. He is worthy of praise and glory. He calls and restores.

*What This Says about You*

You are strong. You are courageous. You are never alone.

WHAT KIND OF GOD DO WE HAVE?

*Encouragement for Pain*

*Scripture*

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. ‘Make level paths for your feet,’ so that the lame may not be disabled, but rather healed.”

HEBREWS 12:11-13

(I like how *THE MESSAGE* ends verse 13: “Help each other out. And run for it!”)

*What This Says about God*

His path produces righteousness and peace, because he *is* righteousness. He is our peace.

*What This Says about You*

This season of difficulty is super hard. But if you continue to pursue Jesus, it will produce righteousness, peace, and strength in you. You can keep going, because God is doing something with all of this. He’s using this season to shape you and those you love. You can endure.

THE LOUDER SONG

*Encouragement for* **Suffering**

*Scripture*

“And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen.” 1 PETER 5:10-11

*What This Says about God*

He is strong, dependable, and enduring. He is worthy of praise and glory. He calls and restores.

*What This Says about You*

God calls you his own. He calls you into grace. He calls you into eternal glory with Jesus. This suffering season won't last forever. One day you will see Jesus face to face. You will experience his wholeness.

*Encouragement for* **Weakness**

*Scripture*

“But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may be revealed in our body.” 2 CORINTHIANS 4:7-10

*What This Says about God*

The presence of Jesus gives us hope, no matter how horrible things are. He gives life through his death. He is a protector.

*What This Says about You*

You will not be consumed because the death and life of Jesus are stronger than anything you face.

*Encouragement for Weariness*

*Scripture*

“Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”  
ISAIAH 40:28-31

*What This Says  
about God*

God is everlasting, always awake and at work. He sees all, understands all, and never grows tired or stressed. He never “gets over it.” He is so strong, so renewing. He is powerful.

*What This Says  
about You*

You have access to God’s strength, endurance, and energy. His power is in you, empowering and enabling your body, mind, soul, and heart to keep going. You are not hopeless—because Jesus is your hope!

## STUDY GUIDE

# your lament journey

IN ORDER TO ENCOURAGE YOU in your own lament journey, I've compiled a little guide here connected to each chapter. It includes corresponding questions (in case you want to read this book with your community or a small group, which I highly recommend) and a 5 Rs study guide. As you go through these, I am praying for you—that you'll experience the fullness of God's healing presence in your game change, that you'll find a pathway through your pain.

## Chapter 1

### *Reflection*

1. What “game changes” are you or your loved ones facing right now?
2. How has this impacted your faith journey? Your relationship with Jesus?
3. Does this difficulty bring up any pain from the past? Have you experienced anything like this before? If so, when?
4. Who do you know who has modeled strength and courage in the midst of great difficulty? If you can't think of someone from your own life, perhaps think of a man or woman from the Bible or someone in history. Share an example.

5. Make a list of any fears, doubts, anger, or mixed emotions that you have about your current hard situation. Don't edit yourself. Let it all out, and ask God to reveal himself to you in this difficult season.
  
  
  
  
  
  
  
  
  
  
6. Spend some time as a group praying for one another. If you aren't in a group, spend some time praying for a friend in game change.

5 Rs

First, thank the Holy Spirit for being with you. Ask God's Spirit to guide your time, help you discern his voice, and assist you in tuning your awareness to God's presence. Then:

- **Read** Job 1 (and the entire book of Job, if you'd like). We can't talk about suffering without addressing the wisdom of Job. Job warns us to avoid reducing God's moral rule to easy, understandable formulas<sup>1</sup> and to be wise when seeking the counsel of others in these painful seasons.

Job's story is not an easy one to swallow. It's difficult to understand why God allowed him to experience

## THE LOUDER SONG

such grief. Here's the point: The Lord gives and the Lord removes. But all the while, our role is to keep on praising him and to stay intimately connected to him. After losing everything, Job remained a solid worshiper of God. And Job saw God bless him with twice as much as he lost.

- **React.** What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Don't judge yourself. Just notice and jot down the things that cross your mind.
- **Rehearse**, which comes from an old Anglo-French phrase meaning "to go over again, . . . to rake over, turn over."<sup>2</sup> Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. Observe what else is happening around these Scriptures. What might God be saying about himself here?
- **Receive**, asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind. Wait patiently. If you don't hear anything, that's okay. Just tell him that and keep going.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 2

### *Reflection*

1. How comfortable do you feel complaining to God?  
Are you prone to pour it all out or keep it all in? What helps or prevents you from being honest before him?
  
2. What do you think about this statement from chapter 2? “If we never acknowledge our pain to God, we will never truly know what it means to praise him on the other side of suffering. It is in our honest crying out *to God* about our pain that our worship *of God* grows more authentic. It is in this kind of relationship, this kind of honesty with God, that our walks with him become real. Lament is part of the rhythm of a deepening relationship with him.”
  
3. Chapter 2 lists four expressions of lament. Which one do you connect with most, and why? What other expressions of lament have you come across?

THE LOUDER SONG

4. Is there a particular person or issue about which you feel passionate? What would it look like to begin protesting to God on their behalf?
  
5. After reading chapter 2, how would you define lament? What is the value in lamenting to God?

5 Rs

Thank the Holy Spirit for being with you. Ask God's Spirit to guide your time, help you discern his voice, and assist you in tuning your awareness to God's presence. Then:

- **Read** Hannah's lament and the story of the birth of Samuel in 1 Samuel 1. The lament of a mother—especially regarding infertility or the loss of a child—is one of the most fragile kinds of laments we can experience. God provided a child for Hannah, but he doesn't always do so. And in Hannah's case, she immediately released him to God. "The LORD brings death and makes alive; he brings down to the grave and raises up," Hannah prays. "The LORD sends poverty and wealth; he humbles and he exalts" (1 Samuel 2:6-7). What can we learn from Hannah's wisdom?
- **React.** What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.

- **Rehearse.** Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. What might God be saying about himself here?
- **Receive,** asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 3

### *Reflection*

1. Have you grown up learning about lament? If so, talk about its importance in your walk with God. If not, share why lament wasn't a part of your growing-up experience. What are the challenges to lamenting?
  
  
  
  
  
  
  
  
  
  
2. Have you ever wondered if God truly hears you? In your own life, how has God confirmed his presence, his existence? How have you seen him work?

## THE LOUDER SONG

3. Do you struggle to give yourself permission to lament? Do you find it difficult to give God all of your pain and grief? Why do you think that is?
  
4. What ekahs (translated *hows*, but feel free to throw in your *wheres*, *whys*, and *how longs*) do you want to ask of God? Make a list—unfiltered, unedited—and read your questions aloud to God. He hears you and he can handle it. You are invited into his throne room to speak openly.
  
5. Consider purchasing a lament journal, or creating a lament pin board on Pinterest, or starting a lament note in your phone. If you're artistically inclined, grab a lament sketch pad. In whatever way you can, begin to create a safe space to offer your laments to God.

6. If you could hear God say anything to you while you are in this season, what words would you like to hear from him? What would you like God to do? How do you want him to show up?

5 Rs

Thank the Holy Spirit for being with you. Ask God's Spirit to guide your time, help you discern his voice, and assist you in tuning your awareness to God's presence. Then:

- **Read** all of Psalm 55. This psalm of David is known as a "maskil," a teaching lament. It was written in order to educate others. David is a man who was intimately acquainted with grief, loss, death, fear, and regret. What might David's lament teach you?
- **React.** What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.
- **Rehearse.** Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. What might God be saying about himself here?
- **Receive,** asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay

attention for an image, word, verse, or any thought that he brings to mind.

- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 4

### *Reflection*

1. The too-soon loss of a loved one is probably the most painful thing we can experience on this earth. Is there anyone you've had to say good-bye to? Spend some time talking about that person's influence on your life and how their death marked you. (I know this is a difficult topic. Only do this when you feel safe and ready.)
  
2. What questions/frustrations/confusions do you have for God about this loss? Take some time to honestly express your feelings to him and, if you're with a group, to them.



## THE LOUDER SONG

to the Lord. It expresses the epitome of lament: Terrors surround us, and God is our only hope.

The sons of Korah came from a family line of deep sorrow and grief. After rebelling against God, their ancestors were killed dramatically, being swallowed up by the earth. But God spared these boys. They grew up to become significant worship leaders in the Tabernacle during King David's day.<sup>3</sup> Of all the psalms, eleven are attributed to them. (Bonus: Read their family's story in Numbers 16.)

- **React.** What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.
- **Rehearse.** Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. What might God be saying about himself here?
- **Receive,** asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 5

### *Reflection*

1. In what ways has your pain made you angry, disappointed, or sad? In what other ways have you responded to your difficult situation?
2. What advice has been especially helpful to you? What advice would you give (or not give) to a friend in pain?
3. Pain can affect many of the things you used to love or enjoy. What has it robbed you of? Are there little ways you can begin to restore those things or bring new versions of those things into your life?
4. What *supposed tos* do you feel pressured with? What *supposed tos* can you permit yourself to release? What *supposed tos* are, on the other hand, from God?

THE LOUDER SONG

5. Think back over the course of your life. In what ways has God made it abundantly clear that he loves you and is with you? (If this is difficult to answer, ask God for the grace to help you see his hand on your life over the years. Or ask a friend how they've witnessed God at work in your life.)
  
6. Pain can be a wise teacher. What has pain taught you? What has God taught you through pain?
  
7. Is your relationship with God different now than it was before experiencing a difficult season? If so, in what ways?

5 Rs

Thank the Holy Spirit for being with you. Ask God's Spirit to guide your time, help you discern his voice, and assist you in tuning your awareness to God's presence. Then:

- **Read** Psalm 74, a psalm of Asaph. Asaph was another worship leader in King David's court. He was appointed

specifically to play music before the Ark of the Covenant. You can read about Asaph in 1 Chronicles 16. Asaph was a musician, artist, and prophetic voice. In Psalm 74, Asaph asks God to remember, while simultaneously reminding his hearers that God is the living God, the creator, ruler, and judge—and that he has the right to do as he pleases. He is also a compassionate God, bringing us the gift of salvation.

- **React.** What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.
- **Rehearse.** Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. What might God be saying about himself here?
- **Receive,** asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 6

### *Reflection*

1. How has a season of pain impacted your relationships? What are some challenging and encouraging (negative and positive) examples?
  
2. Is there a relational conflict you've been hiding from or are afraid to really face? If so, can you ask God to tenderly help you reconnect to your loved ones? If some of your important relationships have been strained, can you reach out and ask someone, like a counselor, for help?
  
3. In difficult times we can easily forget the work of soul care—what we enjoy, what makes us feel loved and cared for. What do you delight in doing? What makes you feel loved and cared for? How can you begin to invite some of those things back into your life today?



plaguing him. In our own seasons of illness, loneliness, and regret, this psalm is a good word of encouragement. God faithfully helps and rescues.

- **React.** What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.
- **Rehearse.** Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. What might God be saying about himself here?
- **Receive,** asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 7

### *Reflection*

1. Do you suffer from chronic physical pain or have a friend who does? What about a long-term painful situation of some other kind? Describe your experience or your friend's experience (without divulging private information, of course). When and how did it begin? How are you/they dealing with it day by day?

2. Chapter 7 mentions “getting weird” on Facebook. In what ways do you tend to escape when wanting to avoid reality? What would it look like to stop running to those escapes?
  
3. Knowledge of self is a powerful way to understand how you process pain and grief and why you react the way you do. Are you stuck in a season of self-pity or comparison? If so, take some time this week asking God to help you get out of that trap.
  
4. *Radical acceptance* is the ability to embrace your life, no matter how hard it is. Ask God to help you radically accept yourself and this season. What are some areas in which you need his help so that pain doesn't defeat you?

## THE LOUDER SONG

5. What alternative version of the present—with its what-might-have-beens—do you need to lament and hand over to God? This might take some time to think through. Be kind, patient, and gracious with yourself as you think through and grieve these. Ask some trustworthy friends to cover you in prayer, as this can be an emotional process.
  
6. What words of healing and encouragement can you speak over yourself now? Not over your fantasy self or your false self, but over the real you, now? What words of healing will you say over your hurting body and soul? Take this moment to write those down or speak them aloud.
  
7. What have been some moments when God revealed glimpses of glory in your times of struggle?

## 5 Rs

Thank the Holy Spirit for being with you. Ask God's Spirit to guide your time, help you discern his voice, and assist you in tuning your awareness to God's presence. Then:

- **Read** Isaiah 54. This passage is all about glory through suffering. God's covenant relationship with his people (as expressed through Abraham<sup>5</sup> and with Noah<sup>6</sup>), leads to the ultimate covenant, God's unstoppable covenant of love through Jesus Christ. It is *his* suffering that saves us. As a result, we ourselves are saved through suffering. In times of trial, it may feel as though God has abandoned you, but we can be sure this is not so! He is forever faithful to his covenant promises—all of which are fulfilled in Jesus.
- **React**. What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.
- **Rehearse**. Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. What might God be saying about himself here?
- **Receive**, asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 8

### *Reflection*

1. In painful situations, have you struggled to rest in God's presence? If not, what are some ways you've stayed connected with him?
2. When do you most often sense the presence of God with you?
3. Sometimes we walk through overwhelming situations and God says, "Hey, don't panic, because this difficult place is precisely where I am going to meet you and reveal myself to you. This is where you will learn the true meaning of *yet*." In what ways do you think you "needed" your hard season?

4. Are there certain attitudes you've had that you need to ask God's forgiveness for?
  
5. If you don't already have one, take some time this week to identify a spiritual mentor or spiritual director who can help you dive deeper into your relationship with God or help you work through any doubts you may have about God.
  
6. Do you feel like you're approaching a vav season? Have your ekahs begun to turn into hope? Share some ways that might be true.

5 *Rs*

Thank the Holy Spirit for being with you. Ask God's Spirit to guide your time, help you discern his voice, and assist you in tuning your awareness to God's presence. Then:

- **Read** Lamentations 3. Jeremiah's entire lament hinges on this chapter. He has been grieving the downfall of

his people, his city, his holy Temple. Yet here, he reveals a heart of hope. Jeremiah knows that even when all hope is lost, God's *hesed*, his unfailing love, stands firm.<sup>7</sup>

- **React.** What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.
- **Rehearse.** Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. Observe what else is happening around these Scriptures. What might God be saying about himself here?
- **Receive,** asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 9

### *Reflection*

1. Chapter 9 speaks of finding reassurance in Mark 4 during a difficult season. What about you? What Scriptures do you find encouraging?



## THE LOUDER SONG

5. Think of one area in which you need to experience more of the power and authority of Jesus. Ask him to reveal his power to you.
  
6. Think of another area in which you need to experience more of his comforting, healing presence. Ask him to reveal a vision of his presence to you.
  
7. In both cases (from points 5 and 6 above), ask a trusted friend to pray over you (and vice versa), or find a prayer partner from your group and commit to praying for one another in these areas.

5 *Rs*

Thank the Holy Spirit for being with you. Ask God's Spirit to guide your time, help you discern his voice, and assist you in tuning your awareness to God's presence. Then:

- **Read** Jonah 2:2-9. Jonah wrote these words while in one of the worst situations of his life. He was running

from God and wound up trapped in the belly of a fish. Yet Jonah continued to praise. (Bonus: Read Jonah 1 and Mark 4:35-41 and note the similarities and differences between Jonah's situation and Jesus'. Why are these important? What do they tell us about Jesus?)

- **React.** What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.
- **Rehearse.** Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. What might God be saying about himself here?
- **Receive,** asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 10

### *Reflection*

1. How did you define suffering when you first began to read this book? How do you define it now?



6. How can you create room for someone else's lament?  
What steps can you take to begin to voice it?
  
  
  
  
  
  
  
  
  
  
7. In what ways can you mobilize your church to begin alleviating the suffering of others? How can you mobilize your church community to begin a process of Protest laments?

5 Rs

Thank the Holy Spirit for being with you. Ask God's Spirit to guide your time, help you discern his voice, and assist you in tuning your awareness to God's presence. Then:

- **Read** Psalm 22. This is a song of David, made famous by Jesus on the cross.<sup>8</sup> This psalm reflects a feeling of God's absence. Where is he? Why does he feel so far away? Psalm 22 would remain dark, but pay special attention to verse 24.

The truth in all of our laments and pain is that God has not hidden his face from us. He is near and listens to our cries for help. Praise his holy name! Take some time to thank Jesus for his lament—his death and resurrection—on your behalf.

## THE LOUDER SONG

- **React.** What are your initial thoughts about this passage? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.
- **Rehearse.** Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. What might God be saying about himself here?
- **Receive,** asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

## Chapter 11

### *Reflection*

1. Have you ever watched a community walk through a process of lament? What did they do? What did you learn from their example?





## YOUR LAMENT JOURNEY

- **React.** What are your initial thoughts about these passages? What words, images, or questions come to mind as you read? Jot down the things that cross your mind.
- **Rehearse.** Read the Scriptures again, this time aloud, and note any repeating words or phrases. Pay attention to themes. What might God be saying about himself here?
- **Receive,** asking God what he wants you to hear. Stay quiet, attentive. Listen for his still, small voice. Pay attention for an image, word, verse, or any thought that he brings to mind.
- **Respond** by writing, drawing, or creating a prayer (of lament and hope, if you'd like) based on your reading today.

# notes

## CHAPTER 1: WHEN YOUR GAME IS CHANGED

1. Online Etymology Dictionary, s.v. “accept,” accessed July 2017, <https://www.etymonline.com/search?q=accept&source=ds>.
2. C. S. Lewis, in a letter to Rev. Peter Bide, April 29, 1959.
3. William Shakespeare, *King Lear*, act 5, scene 3, lines 329–30 from *The Complete Works of Shakespeare*, ed. David Bevington (New York: Longman, 1997), 1218.
4. Bono, “I Still Haven’t Found What I’m Looking For,” *The Joshua Tree* © 1987 Island Records.
5. Judges 6:12-13.
6. Judges 6:18.

## CHAPTER 2: IT’S OKAY TO BE HONEST

1. Claus Westermann, “The Role of the Lament in the Theology of the Old Testament,” translated by Richard N. Soulen, *Interpretation: A Journal of Bible and Theology* 28, no. 1 (January 1974): 27.
2. Genesis 4:10.
3. Genesis 1:31.
4. Westermann, “Role of the Lament,” 20–21.
5. *Strong’s Concordance*, s.v. “yada,” accessed July 9, 2018, <http://biblehub.com/hebrew/3045.htm>.
6. Exodus 15:1-2, 20-21.
7. Walter Brueggemann, “The Costly Loss of Lament,” *Journal for the Study of the Old Testament* 11, no. 36 (October 1986): 62.
8. Amos 5:16-17, MSG.
9. Isaiah 6:8.
10. Thomas Watson, *All Things for Good*, first published as *A Divine Cordial*, 1663, (repr: Edinburgh, UK: The Banner of Truth Trust, 2017), 44.
11. Matthew 26:38-39.

## THE LOUDER SONG

### CHAPTER 3: BEGIN WITH HOW

1. Janet O. Hagberg and Robert A. Guelich, *The Critical Journey: Stages in the Life of Faith*, 2nd ed. (Salem, WI: Sheffield, 2005), 94.
2. Lamentations 3:28-29, MSG.
3. “Why Is Jeremiah Called the ‘Weeping Prophet?’” Bible Study Tools, accessed August 6, 2018, <https://www.biblestudytools.com/video/why-is-jeremiah-called-the-weeping-prophet.html>.
4. Soong-Chan Rah, *Prophetic Lament: A Call for Justice in Troubled Times* (Downers Grove, IL: IVP Books, 2015), 111. If you’re interested in the structure of Lamentations, Rah has an entire chapter (chapter 8) dedicated to its acrostic structure.
5. *Strong’s Concordance*, s.v. “ekoh or ekah,” accessed July 9, 2018, <http://biblehub.com/hebrew/351a.htm>.
6. *A Reader’s Hebrew-English Lexicon of the Old Testament*, s.v. “Ekah” (Grand Rapids, MI: Zondervan, 2013).
7. Lamentations 1:1.
8. Hagberg and Guelich, *Critical Journey*, 107. Emphasis in original.
9. Psalm 66:9.

### CHAPTER 4: THE GRIEF OF LOVE

1. I first wrote about Cameron and love leaving a mark for *The MOPS Magazine*, “Love Leaves a Mark,” Fall 2017. This article is also available here: <https://blog.mops.org/love-leaves-a-mark/>.
2. Nicholas Wolterstorff, *Lament for a Son* (Grand Rapids, MI: Eerdmans, 1987), 74.
3. Rah, *Prophetic Lament*, 56.
4. This quote is mostly associated with Charles Spurgeon, although an article by Christian George of the Spurgeon Center says it was inspired by another pastor who was inspired, himself, by a Spurgeon sermon: “6 Quotes Spurgeon Didn’t Say,” *The Spurgeon Center* (blog), August 8, 2017, <https://www.spurgeon.org/resource-library/blog-entries/6-quotes-spurgeon-didnt-say>.
5. 2 Samuel 1:25-26.
6. Herbert Kretzmer, “Empty Chairs at Empty Tables,” *Les Misérables* (Santa Monica, CA: The David Geffen Company, 1987).
7. N. T. Wright, *The Day the Revolution Began: Reconsidering the Meaning of Jesus’s Crucifixion* (New York: HarperOne, 2016), 368. Emphasis in original.

### CHAPTER 5: HITTING WALLS IN LAMENT

1. Oswald Chambers, “Receiving Yourself in the Fires of Sorrow,” Utmost.org, June 25, 2017, <http://utmost.org/receiving-yourself-in-the-fires-of-sorrow/>.

2. Jeffrey Eugenides, *The Marriage Plot* (New York: Farrar, Straus & Giroux, 2011), 108.
3. Gordon D. Fee and Douglas Stuart, *How to Read the Bible Book by Book: A Guided Tour* (Grand Rapids, MI: Zondervan, 2002), 167.
4. Westermann, "Role of the Lament," 30.
5. Claus Westermann, *Praise and Lament in the Psalms* (Atlanta: John Knox Press, 1981), 271.
6. Song of Songs 2:11-13.

#### CHAPTER 6: WE CARRY EACH OTHER HOME

1. R. Tuck, "The Relations of Edom and Israel," BibleHub, accessed August 7, 2018, [https://biblehub.com/sermons/auth/tuck/the\\_relations\\_of\\_edom\\_and\\_israel.htm](https://biblehub.com/sermons/auth/tuck/the_relations_of_edom_and_israel.htm).
2. The Free Dictionary, s.v. "imprecate," accessed July 11, 2018, <https://www.thefreedictionary.com/imprecator>.
3. William Shakespeare, *Romeo and Juliet* (Philadelphia: J. B. Lippincott & Co., 1913), 159.
4. Kyle Benson, "The Anger Iceberg," The Gottman Institute, November 8, 2016, accessed August 7, 2018, <https://www.gottman.com/blog/the-anger-iceberg/>.
5. Some of this content was first featured on JenPollockMichel.com, "Muckily-Dirtily Things," November 25, 2016, <http://jenpollockmichel.com/2016/11/25/muckily-dirtily-things-guest-post-by-aubrey-sampson/> (link no longer active). Used with permission.
6. Some of this content was first featured in *More to Life Magazine*, "We Bring Each Other Home," July 1, 2017, <https://mtlmagazine.com/article/we-bring-each-other-home/>. Used with permission.
7. Anne Lamott, *Stitches: A Handbook on Meaning, Hope and Repair* (New York: Riverhead Books, 2013), 46.

#### CHAPTER 7: WHEN PAIN IS CHRONIC

1. J. Kevin Butcher, *Choose and Choose Again: The Brave Act of Returning to God's Love* (Colorado Springs: NavPress, 2016), 139.
2. Westermann, "Role of the Lament," 22.
3. Some of this content was first featured on *The MOPS Blog*, "Health in Moments: Embracing Motherhood with an Autoimmune Disease," May 12, 2016, <https://blog.mops.org/health-in-moments/>. Used with permission.
4. Leslie Leyland Fields, *Crossing the Waters: Following Jesus through the Storms, the Fish, the Doubt, and the Seas* (Colorado Springs: NavPress, 2016), 189. Emphasis in original.

## THE LOUDER SONG

### CHAPTER 8: LEARNING TO SAY “YET”

1. My mom often quotes Kay Arthur from *Lord, I Want to Know You* (Colorado Springs: WaterBrook, 2000), 29.
2. C. S. Lewis, *A Grief Observed* (New York: Bantam, 1976), 53–54.
3. Michael Card, *A Sacred Sorrow: Reaching Out to God in the Lost Language of Lament* (Colorado Springs: NavPress, 2005), 109.
4. Card, *Sacred Sorrow*, 109.
5. Timothy Keller, *Walking with God through Pain and Suffering* (New York: Riverhead, 2013), 248–49.

### CHAPTER 9: WHEN YOU JUST NEED TO DO SOMETHING

1. See Jonah 1:6.
2. See, for example, Psalm 29:10, Psalm 33:7, and Psalm 89:9.
3. Online Etymology Dictionary, s.v. “rehearse,” accessed August 7, 2018, <https://www.etymonline.com/word/rehearse>.
4. This practice is based on some work of Dr. Rick Richardson, one of my favorite professors.
5. Rick Richardson, *Experiencing Healing Prayer: How God Turns Our Hurts into Wholeness* (Downers Grove, IL: IVP, 2005), 36. Emphasis in original.
6. Richardson says that “if you do not feed your heart with nourishing images of the good, the true, the beautiful and the holy, you will let it be inhabited by images that feed the crooked, the deceptive, the self-serving and the lustful. No other option is open. Jesus needs to be Lord of our imagination!” (65).

### CHAPTER 10: BEYOND YOURSELF

1. “Tisha B’Av,” Judaism 101, accessed August 7, 2018, <http://www.jewfaq.org/holidayd.htm>.
2. Card, *Sacred Sorrow*, 120.
3. Rah, *Prophetic Lament*, 99.
4. Card, *Sacred Sorrow*, 29. Emphasis in original.
5. John M. Perkins, *Beyond Charity: The Call to Christian Community Development* (Grand Rapids, MI: Baker Books, 1993), 39.
6. To learn more about Be the Bridge, visit: <https://beabridgebuilder.com/about/>.
7. Philippians 1:29.
8. *Won't You Be My Neighbor?*, directed by Morgan Neville (New York: Focus Features, 2018).
9. Desmond M. Tutu and Mpho A. Tutu, *Made for Goodness: And Why This Makes All the Difference*, ed. Douglas C. Abrams (New York: HarperOne, 2010), 108.

### CHAPTER 11: WHAT KIND OF GOD DO WE HAVE?

1. Nell Bang-Jensen, “Name Post: A List for Zambia,” *Names across Nations* (blog), April 7, 2012, <http://namesacrossnations.blogspot.com/2012/04>

- /name-post-list-for-zambia.html. (Note: Mapalo is misspelled in this source.)
2. “Bemba,” Encyclopedia.com, accessed August 7, 2018, <https://www.encyclopedia.com/humanities/encyclopedias-almanacs-transcripts-and-maps/bemba-0>.
  3. Aubrey Travis Sampson, “Adding to the Women of Valor Conversation,” August 29, 2012, <http://www.aubreysampson.com/adding-to-the-women-of-valor-conversation/>.
  4. Matthew 26:39, *KJV*.
  5. Oxford Living Dictionaries, s.v. “despair,” accessed July 13, 2018, <https://en.oxforddictionaries.com/definition/despair>.
  6. Author Marva J. Dawn poses a similar question in *Truly the Community: Romans 12 and How to Be the Church* (Grand Rapids, MI: Eerdmans, 1992), 52.
  7. Online Etymology Dictionary, s.v. “theodicy,” accessed July 13, 2018, <https://www.etymonline.com/word/theodicy>.
  8. Lee Strobel, “Why Does God Allow Tragedy and Suffering?” *Christianity Today*, July 22, 2012, <https://www.christianitytoday.com/pastors/2012/july-online-only/doesgodallowtragedy.html>.
  9. James 5:13-16.
  10. “What’s in the Name? Chipulukusu Transforms to Mapalo Township,” *Zambia Business Times*, July 22, 2017, <https://zambiabusiness-times.com/2017/07/22/whats-in-the-name-chipulukusu-transforms-to-mapalo-township/>.

#### STUDY GUIDE: YOUR LAMENT JOURNEY

1. “Introduction to Job,” the Bible App by Life.Church (accessed November 17, 2017).
2. Online Etymology Dictionary, s.v. “rehearse,” accessed August 7, 2018, <https://www.etymonline.com/word/rehearse>.
3. Willis J. Beecher, “Korahites; Sons of Korah,” *International Standard Bible Encyclopedia*, accessed September 19, 2018, <https://www.biblestudytools.com/encyclopedias/isbe/korahites-sons-of-korah.html>.
4. Card, *Sacred Sorrow*, 174.
5. Genesis 15:1-21.
6. Genesis 9:1-17.
7. Will Kynes, “God’s Grace in the Old Testament: Considering the *Hesed* of the Lord,” *Knowing & Doing*, Summer 2010, [http://www.cslewisinstitute.org/webfm\\_send/430](http://www.cslewisinstitute.org/webfm_send/430).
8. See, for example, Matthew 27:46.