

# Lament/Confess

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a passionate expression of deep sorrow, freely admit to committing an offense; grieve, plead guilty, repent

## **Broken Spirits**

The hearts of the people cry out to the LORD. You walls of Daughter Zion, let your tears flow like a river day and night; give yourself no relief, your eyes no rest. Arise, cry out in the night, as the watches of the night begin; pour out your heart like water in the presence of the LORD. (Lamentations 2:18-19 NIV)

## **Painful Mourning (Nehemiah 1)**

Jesus' Holy Spirit invites us pray about our burdens, to lament over the disturbing consequences of evil in our world, to confess our sins, and receive his forgiveness. Nehemiah was overwhelmed with grief when he heard the terrible news: his home was destroyed and his people were in trouble. He suffered deep pain in his spirit, lamenting the devastation of his homeland. He cried out to God from his pain, confessing the sins of his nation. He remembered God's promises and asked him to forgive his nation and heal his land. We often bypass grief when we pray. Let's make time to grieve over personal sin and all brokenness in our world.

## **Discipleship & Prayer**

- What is weighing me down that I need to confess?
- What pain in my past needs to come into the Light?
- Holy Spirit, shine your light into my dark, hidden sins.