

“...in quietness and confidence, you will find strength. “ Isaiah 30:15

The language of this song, is the language of lament found over and over again in the Psalms. David was unafraid of lament. It is the language of sorrow, pain, darkness, fear, weakness, betrayal and brokenness. Especially in our corporate worship we do not linger long musing about these concepts, though our worship music may hint or speak of them. But when we read or sing the words of lament we are drawn to think on and remember painful places. We are not really encouraged to forget them but more to remember them and then eventually see them through the lens of a God who comes near in our suffering as well as a future day when all sorrow will be over.

Below you will find a fairly familiar song written a few years ago by Sandra McCracken who has herself walked through loss and pain.

As you read through this song, here is some direction:

- ❖ Look for the words that might describe some or all of the following things:
 - a place you have been recently or some time ago when you could identify with the pain that is described in the song.
 - where ... or when.... have you been:
 - burned by the fire
 - weeping
 - consumed by the flood
 - in the dark of night before the dawn
 - your soul – afraid
 - longing for the promised morning
 - without strength
 - your own vows, to God and others, broken and betrayed by you

- ❖ Now take a few moments to think and pray about the things you have noted.
 - what happens in your heart when you remember?
 - what are the thoughts, words that frame your response to remembering

- ❖ Now take a moment to write out some words about what your heart needs to hear spoken over these places by the Father, the Son and the Holy Spirit. There may be different words from each member of the Trinity. They are all involved in walking with us through the hard places of life. From three different perspectives, they each offer words of comfort and encouragement or perhaps words of challenge and encouragement. What might the Father be saying to you? What would the Son say? and what might you hear from the Spirit.

WE WILL FEAST IN THE HOUSE OF ZION – *Sandra McCracken*

We will not be burned by the fire

He is the Lord our God
We are not consumed, by the flood
Upheld, protected, gathered up

We will feast in the house of Zion
We will sing with our hearts restored
We have done great things we will sing together
We will sing and weep no more

In the dark of night, before the dawn
My soul, be not afraid
For the promised morning, oh how long?
Oh God of Jacob, be my strength

We will feast in the house of Zion
We will sing with our hearts restored
We have done great things we will sing together
We will sing and weep no more

Every vow we've broken and betrayed
You are the Faithful one
And from the garden to the grave
Bind us together, bring shalom.

We will feast in the house of Zion
We will sing with our hearts restored
We have done great things we will sing together
We will sing and weep no more

Benediction: **The Promise for our hearts:**

On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. ³⁸Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'" John 7:37