

Series: Hope, Suffering & Redemption (Week 2)

Date: October 30, 2025

Presenter: Pastor Donell M. Winder

Lesson Title: How do we respond to seasons of suffering?

Anchor Scripture: Psalm 62:8 (NLT) – “O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.”

Big Idea

As believers when we lament it is mature and honest expression of trust in God when life hurts. It is the biblical response to suffering, allowing believers to express pain, confusion, and grief while still clinging to God's character and promises. Through lament, we stay connected to Christ in the midst of hardship, inviting His presence into our pain and allowing Him to strengthen, grow, and restore us. Lament is faith under pressure; it keeps us from bitterness, draws us closer to God, and leads us from sorrow back to hope.

Key Insights

- **Lament Is the Language of Trust:** Lament is how faith speaks when life hurts. It is relational honesty, not rebellion. David and Job lamented deeply yet remained anchored in God's goodness. Lament keeps our hearts soft and our faith engaged instead of drifting into bitterness or silence (Psalm 13:1–5; Job 1:20–21; Job 3).
- **Lament Invites God's Presence:** Pain tries to isolate us, but lament pulls us toward God instead of away from Him. Like Jeremiah, we acknowledge sorrow while declaring God's faithfulness. God draws near to the brokenhearted and meets us in our tears, not just after them (Lamentations 3:19–23; Psalm 34:18; Psalm 62:8).
- **Lament Transforms Grief into Growth:** When we bring pain to God, He comforts, strengthens, and matures us. Lament becomes the pathway to endurance, compassion, and deeper faith. What wounds us becomes the very testimony God uses to help others (2 Corinthians 1:3–4; Romans 5:1–5; John 11:35–44).
- **Lament Leads Us Back to Hope:** Lament begins in sorrow but ends in faith. David questioned, then declared hope. Lament shifts our focus from what hurts to Who heals, reminding us that suffering is temporary and God is faithful. Hope rises again as we keep talking to God through the pain (Psalm 42:11; Romans 15:13; Job 42).

Application

1. Be honest with God about your pain (bring Him your tears, questions, and hurt).
2. Remain in prayer, worship, and Scripture instead of withdrawing in silence.
3. Invite God into your struggle and let His presence bring comfort and strength.
4. Allow lament to shape your character, deepen compassion, and grow your faith.
5. Declare hope even through tears, trusting God's faithfulness in every season.

Closing Thought

Lament is a practical and necessary response to suffering. It keeps us engaged with God instead of withdrawing or shutting down. When we bring our pain, questions, and frustration to Him honestly, we remain in relationship rather than isolation. Lament does not weaken faith; it strengthens it by keeping us connected to the only source of comfort, direction, and healing. As believers, we do not hide our pain from God. We bring it to Him, trust Him with it, and continue to follow Him even when we do not have answers. That is how we endure suffering with faith and stay anchored in Christ. It is spiritual warfare. It keeps our hearts tethered to Christ when life feels heavy. Through lament, pain becomes prayer, grief becomes growth, and sorrow becomes hope. When we turn to God in suffering, we discover that He is not far away; He is near, working, healing, and holding us every step of the way.