

Guided Meditation 2: Lamenting with the Psalmists.

As you approach this guided meditation practice, you may struggle to speak to God in prayer, which may be your regular way of starting Christian reflection. Even if this is the case, collect your pen and paper, and the Scripture, then settle yourself in a place where you feel quite steady, and spend the time with the practice – the process is your conversation with God today.

Part A

The Psalms are an assurance to us that when we pray and worship, we are not expected to censure or deny the deepness of our own human pilgrimage." Walter Brueggemann, Praying the Psalms p.19

Can I invite you to remember where you were when you heard the news that the PCQ was 'in trouble'? Bring that time in your recent life to your mind and there seek the answers to these questions.....

What were you thinking at the time in response to this?

What was your reaction to the information that had been given?

I wonder if there was anyone around when you heard? What was the conversation like with that/those persons? What struggles did you notice or hear in THEM?

Do you remember what your body experience was like? Physical? Emotional?

Though as yet the full situation for PCQ and the future may be unclear for us as congregations and individuals, there still may be similar experiences occurring as you reflect on the situation, or if you meet someone affected by the situation.

Emotional states will vary and saying the name of that state is helpful as we come to God honestly crying out to him (Some persons may feel anger, or some persons- sadness, others may be thinking of a change that will result in their future ...Or maybe other experiences that are hard to name – disgust, mistrust, betrayal, grief. *Use the list of emotions attached if you need help identifying how you feel.*

Since that first time of hearing, what other states of mind/emotions have occurred for you?

Now, collect these reflection thoughts, write them down and be willing to explore them in the following Lament writing.

In *Lament* psalms in the Scriptures, what stands out very clearly is **that the thinking and the internal experience of sufferers are stated so overtly** as they attempt to approach the God who hears. (El Shama/Ishmael). As we learned in Guided Meditation 1, these psalms have poignant and raw moments recorded for us to reflect on and learn from.

'In essence, lamentation is much like the "ouch" we utter when something hurts us physically, only it's directed toward God'

** Christianity.com (praying the Lament Psalms) Jessica Brodie*

God asks us to Lament, individually and corporately, and the Psalms model for us an exceptional way of bringing the whole OUCH to our God.

In this meditation, we read Psalm 13 which shows us a way to do this by:

- writing out OUR psalm as we express the OUCH, and then
- remembering Who it is that is LISTENING! Then
- we can express our confidence that **this** God will bring salvation and restoration.

Part B

READ PSALM 13 out aloud now as you sit having reflected on your current internal experience.

Part C

Can I invite you now to take your collected reflection notes and get ready now to write the **OUCH** that has occurred as you consider the current situation? Use the format on the final page of this reflection (either printed out or on a fresh sheet of paper)

1. As you do this, remember we are like the psalmists who sought the Lord honestly and brokenly.... 'How many are my foes? ...' 'How Long O Lord?' ... 'Oh Lord why do you stand far off?' ... 'Give me relief from my distress?' ... 'I am worn out from groaning!' ... 'I flood my bed with weeping'.

Be specific and express your internal and external reality.

Start to write out this OUCH in the first part of the page: The Problem that you are experiencing in your own words.

2. Now remember what the writer of Psalm 13 DOES next! The psalmist turns to God for answers, and almost demands that He LOOK ON THEM in their suffering. There is a tentative state in many of us as we consider these stories of Step 1.... It may be hard to turn to God when such an OUCH has occurred. However, the clear invitation, and yes, a command, of the Listening God is to TURN, and to acknowledge that He loves us and we can trust HIM.

Write out the second part of the Lament from your heart: As you can, write what you know of God, and petition HIM in His character, to Look on YOU.

3. It may be now or later, however, the psalmist encourages (indeed models for us), the praise for God who IS and WILL be, good to us.

Can you write out YOUR praise, from your Heart which is hurting, as you bring this lament to God?

4. Finally: **Read the psalm out aloud to yourself, and then when you can, bring to mind the relationship you have had with God, and speak it to Him who cares for you, and Listens to you.**
5. Future: **In the next weeks, look for His response as you continue to speak these Meditations, Listening for His Word, and especially noticing the way He searches your heart as you spend time with HIM.**

As occurred with the first 'Hymnbook', - the Hebrew Songbook - together we can walk toward Zion and sing our Psalms as we journey forward, just as His people did as they went up to Jerusalem?

As with the previous Guided Meditation instructions, We would like to use a collection of psalms of lament written by members of our denomination for a state wide service being organised. You are invited to email you psalm of lament to peter.evans@pcq.org.au by **7th June 2021**.

WRITING YOUR OWN PRAYER FROM

Psalm Thirteen

Problem

»—————«
»—————«
»—————«
»—————«
»—————«
»—————«

Petition

»—————«
»—————«
»—————«
»—————«
»—————«
»—————«

Praise

»—————«
»—————«
»—————«
»—————«
»—————«
»—————«

Amen .

Feelings List

Accepting / Open

Calm
 Centered
 Content
 Fulfilled
 Patient
 Peaceful
 Present
 Relaxed
 Serene
 Trusting

Aliveness / Joy

Amazed
 Awe
 Bliss
 Delighted
 Eager
 Ecstatic
 Enchanted
 Energized
 Engaged
 Enthusiastic
 Excited
 Free
 Happy
 Inspired
 Invigorated
 Lively
 Passionate
 Playful
 Radiant
 Refreshed
 Rejuvenated
 Renewed
 Satisfied
 Thrilled
 Vibrant

Angry / Annoyed

Agitated
 Aggravated
 Bitter
 Contempt
 Cynical
 Disdain
 Disgruntled
 Disturbed
 Edgy
 Exasperated
 Frustrated
 Furious
 Grouchy
 Hostile
 Impatient
 Irritated
 Irate
 Moody
 On edge
 Outraged
 Pissed
 Resentful
 Upset
 Vindictive

Courageous / Powerful

Adventurous
 Brave
 Capable
 Confident
 Daring
 Determined
 Free
 Grounded
 Proud
 Strong
 Worthy
 Valiant

Connected / Loving

Accepting
 Affectionate
 Caring
 Compassion
 Empathy
 Fulfilled
 Present
 Safe
 Warm
 Worthy
Curious
 Engaged
 Exploring
 Fascinated
 Interested
 Intrigued
 Involved
 Stimulated

Despair / Sad

Anguish
 Depressed
 Despondent
 Disappointed
 Discouraged
 Forlorn
 Gloomy
 Grief
 Heartbroken
 Hopeless
 Lonely
 Longing
 Melancholy
 Sorrow
 Teary
 Unhappy
 Upset
 Weary
 Yearning

Disconnected / Numb

Aloof
 Bored
 Confused
 Distant
 Empty
 Indifferent
 Isolated
 Lethargic
 Listless
 Removed
 Resistant
 Shut Down
 Uneasy
 Withdrawn

Embarrassed / Shame

Ashamed
 Humiliated
 Inhibited
 Mortified
 Self-conscious
 Useless
 Weak
 Worthless

Fear

Afraid
 Anxious
 Apprehensive
 Frightened
 Hesitant
 Nervous
 Panic
 Paralyzed
 Scared
 Terrified
 Worried

Fragile

Helpless
 Sensitive

Grateful

Appreciative
 Blessed
 Delighted
 Fortunate
 Grace
 Humbled
 Lucky
 Moved
 Thankful
 Touched

Guilt

Regret
 Remorseful
 Sorry

Hopeful

Encouraged
 Expectant
 Optimistic
 Trusting

Powerless

Impotent
 Incapable
 Resigned
 Trapped
 Victim

Tender

Calm
 Caring
 Loving
 Reflective
 Self-loving
 Serene
 Vulnerable
 Warm

Stressed / Tense

Anxious
 Burned out
 Cranky
 Depleted
 Edgy
 Exhausted
 Frazzled
 Overwhelm
 Rattled
 Rejecting
 Restless
 Shaken
 Tight
 Weary
 Worn out

Unsettled / Doubt

Apprehensive
 Concerned
 Dissatisfied
 Disturbed
 Grouchy
 Hesitant
 Inhibited
 Perplexed
 Questioning
 Rejecting
 Reluctant
 Shocked
 Skeptical
 Suspicious
 Ungrounded
 Unsure
 Worried

Body Sensations

Achy
 Airy
 Blocked
 Breathless
 Bruised
 Burning
 Buzzy
 Clammy
 Clenched
 Cold
 Constricted
 Contained

Contracted
 Dizzy
 Drained
 Dull
 Electric
 Empty
 Expanded
 Flowing
 Fluid
 Fluttery
 Frozen
 Full

Gentle
 Hard
 Heavy
 Hollow
 Hot
 Icy
 Itchy
 Jumpy
 Knotted
 Light
 Loose
 Nauseous

Numb
 Pain
 Pounding
 Prickly
 Pulsing
 Queasy
 Radiating
 Relaxed
 Releasing
 Rigid
 Sensitive
 Settled

Shaky
 Shivery
 Slow
 Smooth
 Soft
 Sore
 Spacey
 Spacious
 Sparkly
 Stiff
 Still
 Suffocated

Sweaty
 Tender
 Tense
 Throbbing
 Tight
 Tingling
 Trembly
 Twitchy
 Vibrating
 Warm
 Wobbly
 Wooden