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**Sunday, August 16, 2026**

## **A Serious Look at a Sad Lament**

Dr. DJ Horton

### **Text: Job 3**

But have you considered preparing for pain?  
Every believer needs a theology of lament. Your Bible is full of them.

A lament is a passionate expression of deep grief, sadness, or regret. It can be a spoken complaint, a feeling of sorrow over a loss, or a formal song, poem, or piece of music written to mourn someone who has died. It functions as both a noun (an expression of sorrow) and a verb (to mourn or regret deeply).

Lament throughout the Bible...

1. The Psalms (Psalm 13:1-2)
  2. Lamentations
  3. Jesus in Gethsemane (Matthew 26:37-39)
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Job's lament...

### **1. Curses the Day of His Beginning v.1-19**

- We're a long way from 1:21 and 2:10b
- God is not afraid of your deepest, rawest emotions (Psalm 22:1-2)
- v.1-10 – Job Lamented his beginning
- v.11-19 – Job lamented his birth
- There is pain so intense that it causes us to wrongly believe dying is better than living.

### **2. Continues to the Day of His Burden v.20-26**

### **3. Can't See the Day of His Blessing v.23**

- Job can't see past his circumstances
- Job 19:25-27
- We know some things Job doesn't...

- *The practice of lament is one of the most theologically informed actions a person can take. While crying is fundamental to humanity, Christians lament because they know God is sovereign and good. Christians know his promises in the Scriptures. We believe in God's power to deliver. We know the tomb is empty, and Jesus is alive. And yet we still experience pain and sorrow. Lament is the language for living between the poles of a hard life and trusting in God's sovereignty. It is a prayer form for people who are waiting for the day Jesus will return and make everything right. Christians don't just mourn; we long for God to end the pain. –Christopher Ash*
  - Job gives us permission to hurt. Jesus gives us permission to hurt with hope! (1 Thess 4:13)
  - Hebrews 4:16
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**Access the NEW Bible Reading Plan for Job here:**

**[English Bible Reading Plan](#)**

**[Spanish Bible Reading Plan](#)**