

Series: Lamentations

Sermon: When My Heart Is Broken

Passage: Lamentations 1

Illustration: COVID pandemic, storms, political unrest, death, protests-riots-looting, financial crisis, job loss,.....

Need: The sadness associated with human brokenness provides an opportunity to draw near to the God who hears us and understands.

I. What is the book of Lamentations?

- Lamentations is a collection of 5 lament poems focused on the destruction of the city of Jerusalem, the Temple and the final deportation of Jewish exiles to Babylon in 586 BC. (see Jer. 39 & 52; 2 Kings 24-25)
- The book of Lamentations is read during the Jewish fast day Tisha B'Av (lit. The 9th of Av) in July/August, which is a memorial fast for the destruction of the temple in 586 BC and again in 70 AD by the Romans.
- The author is anonymous but it is strongly held to be the work of Jeremiah the prophet. The Septuagint Greek translation of the Hebrew Bible, translated in the 3rd-2nd centuries BC, gives credit to Jeremiah.
- Chapters 1-4 are follow an acrostic structure corresponding to the 22 letters of the Hebrew alphabet. Chapter 5 also has 22 verses but does not follow acrostic form and is more of a prayer than a poem.
- Lament poetry was a common means for expressing and processing grief and pain both for individuals and whole communities. (see 2 Sam. 1:17-27; Psalm 10, 63, 69, 74, 79)
- Lamenting provides opportunity to express one's circumstances through the lens of God's revealed word as a type of confession.

II. The weight of human brokenness (Lam. 1:1-22 NLT)

- Sadness is the continued evidence and reminder of brokenness, resulting from sin, in our world.
- Pain and sadness are multiplied realities. They are rarely a singular focus.
- Brokenness and sadness affects every aspect of one's life.
- Sadness often whispers in terms of despair and hopelessness.
- **Psalm 34:18** (Isa. 53:3 & John 11:17-37)

III. The healthiness associated with sadness.

- It provides an opportunity to see our world through the lens of God's perspective.
- It provides an opportunity to approach God in weakness and without pretense.
- It provides an opportunity to breath deeply the air of God's presence.
- It provides an opportunity to walk closely with others who are hurting.
- It provides an opportunity to unite as brothers and sister around a common grief.
- It provides an opportunity to worship in a raw, unpolished genuineness.

IV. God never wastes pain & He's not going to waste yours!