

Sermon Starter – Lament: I Wither Away Like Grass

Psalm 102

Psalms of lament provide a pattern of prayer for desperate times. We do not hide our misery from God; we do not pretend that all is well. Instead, we name our grief, acknowledge our misery, and shed bitter tears. The prayer of lament is cathartic. Naming our woes and crying out to God opens a pathway to new awareness of God's presence. This is especially true when we lament together in the community of faith, writing or singing our own psalms of lament. God's healing grace becomes palpable, and we find strength to continue to be faithful in the midst of struggle. (For more background, see *Psalms of Lament*, by Ann Weems [Westminster John Knox Press, 1995]).

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