



PRAYERS OF GRIEVING

Let the priests who minister before the Lord
weep between the temple porch and the altar.
Let them say, "Spare your people, O Lord.
Do not make your inheritance an object of scorn,
a byword among the nations.
Why should they say among the peoples,
'Where is their God?'"

*my GŌD my GŌD
why have you forsaken me?*

GRIEVING ✧ OLD TESTAMENT

401) Judges 21: 2 - 4 *The Israelites grieve for the tribe of Benjamin*

The people went to Bethel, where they sat before God until evening, raising their voices and weeping bitterly. "O LORD, the God of Israel," they cried, "why has this happened to Israel? Why should one tribe be missing from Israel today?"

Early the next day the people built an altar and presented burnt offerings and fellowship offerings.

402) I Samuel 15 : 10 - 11 *The Lord is grieved over Saul*

Then the word of the LORD came to Samuel: "I am grieved that I have made Saul king, because he has turned away from me and has not carried out my instructions." Samuel was troubled, and he cried out to the LORD all that night.

403) Job 42: 1-6 *Job sees God face to face*

Then Job replied to the LORD :

"I know that you can do all things;
no plan of yours can be thwarted. You asked, 'Who is this that
obscures my counsel without knowledge?'
Surely I spoke of things I did not understand,
things too wonderful for me to know.

"You said, 'Listen now, and I will speak;
I will question you,
and you shall answer me.'

My ears had heard of you
but now my eyes have seen you.

Therefore I despise myself
and repent in dust and ashes."

GRIEVING ✧ OLD TESTAMENT

404) Lamentations 2: 18-19 *Pour out your heart in the night watches*

The hearts of the people
cry out to the Lord.
O wall of the Daughter of Zion,
let your tears flow like a river
day and night;
give yourself no relief,
your eyes no rest.

Arise, cry out in the night,
as the watches of the night begin;
pour out your heart like water
in the presence of the Lord.
Lift up your hands to him
for the lives of your children,
who faint from hunger
at the head of every street.

405) Psalm 109: 4, 21-25 *People of prayer with wounded hearts*

In return for my friendship they accuse me,
but I am a man of prayer ...

But you, O Sovereign LORD,
deal well with me for your name's sake;
out of the goodness of your love, deliver me.

For I am poor and needy,
and my heart is wounded within me.

I fade away like an evening shadow;
I am shaken off like a locust.

My knees give way from fasting;
my body is thin and gaunt.

I am an object of scorn to my accusers;
when they see me, they shake their heads.

GRIEVING ✧ OLD TESTAMENT

406) Psalm 137: 1-6 *A psalm in exile*

By the rivers of Babylon we sat and wept
when we remembered Zion.

There on the poplars
we hung our harps,

for there our captors asked us for songs,
our tormentors demanded songs of joy;
they said, "Sing us one of the songs of Zion!"

How can we sing the songs of the LORD
while in a foreign land?

If I forget you, O Jerusalem,
may my right hand forget its skill .

May my tongue cling to the roof of my mouth
if I do not remember you,
if I do not consider Jerusalem
my highest joy.

407) Jeremiah 9: 20-21 *Let the women lament for their lost children*

Now, O women, hear the word of the LORD;
open your ears to the words of his mouth.
Teach your daughters how to wail;
teach one another a lament.

Death has climbed in through our windows
and has entered our fortresses;
it has cut off the children from the streets
and the young men from the public squares.

GRIEVING ✦ OLD TESTAMENT

408) Psalm 51: 1-4 David's psalm of repentance

Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.

Wash away all my iniquity
and cleanse me from my sin.

For I know my transgressions,
and my sin is always before me.

Against you, you only, have I sinned
and done what is evil in your sight,
so that you are proved right when you speak
and justified when you judge.

Surely I was sinful at birth,
sinful from the time my mother conceived me.

Surely you desire truth in the inner parts ;
you teach me wisdom in the inmost place.

Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.

GRIEVING ✦ OLD TESTAMENT

409) Psalm 73 : 21–26 *Asaph struggles with envy*

When my heart was grieved
and my spirit embittered,

I was senseless and ignorant;
I was a brute beast before you.

Yet I am always with you;
you hold me by my right hand.

You guide me with your counsel,
and afterward you will take me into glory.

Whom have I in heaven but you?
And earth has nothing I desire besides you.

My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.

410) Isaiah 6: 5-7 *Isaiah is stricken at the sight of the Lord*

"Woe to me!" I cried. "I am ruined! For I am a man of unclean lips,
and I live among a people of unclean lips, and my eyes have seen the
King, the LORD Almighty."

Then one of the seraphs flew to me with a live coal in his hand, which
he had taken with tongs from the altar. With it he touched my mouth
and said, "See, this has touched your lips; your guilt is taken away and
your sin atoned for."

GRIEVING ✕ OLD TESTAMENT

411) Psalm 55 : 1-7 A cry of David in time of trouble

Listen to my prayer, O God,
do not ignore my plea;

hear me and answer me.
My thoughts trouble me and I am distraught

at the voice of the enemy,
at the stares of the wicked;
for they bring down suffering upon me
and revile me in their anger.

My heart is in anguish within me;
the terrors of death assail me.

Fear and trembling have beset me;
horror has overwhelmed me.

I said, "Oh, that I had the wings of a dove!
I would fly away and be at rest-

I would flee far away
and stay in the desert;"

Selah

GRIEVING ✦ NEW TESTAMENT

451) Matthew 9:14-15 *Jesus expects his followers to grieve when He isn't with them*

Then John's disciples came and asked him, "How is it that we and the Pharisees fast, but your disciples do not fast?" Jesus answered, "**How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.**"

452) John 16:20-22 *Our heart-sickness at not seeing Jesus will one day turn to joy*

Jesus saw that they wanted to ask him about this, so he said to them, "Are you asking one another what I meant when I said, 'In a little while you will see me no more, and then after a little while you will see me'? **I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.** A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. So with you: **Now is your time of grief**, but I will see you again and you will rejoice, and no one will take away your joy.

453) Matthew 2:16-18 *Weep for the children sacrificed to power and convenience*

When Herod realized that he had been outwitted by the Magi, he was furious, and he gave orders to kill all the boys in Bethlehem and its vicinity who were two years old and under, in accordance with the time he had learned from the Magi. Then what was said through the prophet Jeremiah was fulfilled:

"A voice is heard in Ramah,
weeping and great mourning,
**Rachel weeping for her children
and refusing to be comforted,
because they are no more.**"

454) James 5:1-6 *The rich and powerful of the earth should mourn their sins in light of eternity*

Now listen, you rich people, **weep and wail because of the misery that is coming upon you.** Your wealth has rotted, and moths have eaten your clothes. Your gold and silver are corroded. Their corrosion will testify against you and eat your flesh like fire. You have hoarded wealth in the last days. Look! The wages you failed to pay the workmen who mowed your fields are crying out against you. The cries of the harvesters have reached the ears of the Lord Almighty. You have lived on earth in luxury and self-indulgence. You have fattened yourselves in the day of slaughter. You have condemned and murdered innocent men, who were not opposing you.

GRIEVING ✦ NEW TESTAMENT

455) Mark 15:33-34,37 The Son of God experiences separation from the Father as He takes the sins of the world upon Himself

At the sixth hour darkness came over the whole land until the ninth hour. And at the ninth hour Jesus cried out in a loud voice, “Eloi, Eloi, lama sabachthani?”—which means, “**My God, my God, why have you forsaken me?**” ... With a loud cry, Jesus breathed his last.

456) Mark 14:72 Peter’s sorrow after denying Jesus

Immediately the rooster crowed the second time. Then Peter remembered the word Jesus had spoken to him: “Before the rooster crows twice you will disown me three times.” **And he broke down and wept.**

457) Luke 15:17-20 The prodigal son’s prayer of contrition

When he came to his senses, he said, ‘How many of my father’s hired men have food to spare, and here I am starving to death! I will set out and go back to my father and say to him: **Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired men.**’ So he got up and went to his father.

458) Acts 8:18-24 Peter warns Simon to repent for religious greed

When Simon saw that the Spirit was given at the laying on of the apostles’ hands, he offered them money and said, “Give me also this ability so that everyone on whom I lay my hands may receive the Holy Spirit.” Peter answered: “May your money perish with you, because you thought you could buy the gift of God with money! You have no part or share in this ministry, because your heart is not right before God. **Repent of this wickedness and pray to the Lord.** Perhaps he will forgive you for having such a thought in your heart. For I see that you are full of bitterness and captive to sin.” Then Simon answered, “Pray to the Lord for me so that nothing you have said may happen to me.”

459) James 4:6-10 Humble yourself with grieving, let God be the lifter of your head

Scripture says: “God opposes the proud but gives grace to the humble.” Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. **Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.**

GRIEVING ✦ NEW TESTAMENT

560) Luke 23:27-31 Grieving for the daughters of Jerusalem

A large number of people followed him, including women who mourned and wailed for him. Jesus turned and said to them, “Daughters of Jerusalem, do not weep for me; **weep for yourselves and for your children**. For the time will come when you will say, ‘Blessed are the barren women, the wombs that never bore and the breasts that never nursed!’ Then ‘they will say to the mountains, “Fall on us!” and to the hills, “Cover us!” For if men do these things when the tree is green, what will happen when it is dry?”

561) Luke 19:41-46 Jesus weeps over the city of Jerusalem

As he approached Jerusalem and saw the city, **he wept over it and said, “If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes**. The days will come upon you when your enemies will build an embankment against you and encircle you and hem you in on every side. They will dash you to the ground, you and the children within your walls. They will not leave one stone on another, because you did not recognize the time of God’s coming to you.”

562) John 11:33 Jesus deeply moved by Lazarus’ death and his friends’ sorrow

When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “Lord, if you had been here, my brother would not have died.” When Jesus saw her weeping, and the Jews who had come along with her also weeping, **he was deeply moved in spirit and troubled**. “Where have you laid him?” he asked. “Come and see, Lord,” they replied. **Jesus wept**. Then the Jews said, “See how he loved him!”

563) Acts 20:36 Grief at the departure of a dear friend

When Paul had said this, he knelt down with all of them and prayed. **They all wept as they embraced him and kissed him. What grieved them most was his statement that they would never see his face again**. Then they accompanied him to the ship.

564) 2 Cor 1:3-5 Praise in the midst of grief for a God who knows suffering!

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, **who comforts us in all our troubles**, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.