



*Geloofsgewoontes wat lewe gee*  
GELOOFSGEWOONTES WAT LEWE GEE

# LAMENT

PSALM 142

When we fail to mourn properly our incomplete lives then this incompleteness becomes a grieving restlessness, a bitter centre, that robs our lives of all delight. ~ R Rolheiser

Salig is die wat treur, want hulle sal vertroos word. Matteus 5:4

## Hoekom lament?

### **Ephesians 4:19** Msg

Feeling no pain, they let themselves go in sexual obsession, addicted to every sort of perversion.

### **Joel 2:12-13** EST

"Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments."

**Matthew 16** Msg

Don't run from suffering,  
embrace it.

## 1. Aanvaar realiteit.

**Hebrews 5:7** Msg

While he lived on earth,  
anticipating death, Jesus  
cried out in pain and wept in  
sorrow as he offered up  
priestly prayers to God.

## 2. Voel jou gevoelens.

**Psalms 56:9**

Ú ... hou my tranes in u kruik;  
is hulle nie in u boek nie?

## 3. Heroriënteer.

**2 Samuel 12:19 & 20**

Is die kind dood? En hulle  
antwoord: Hy is dood. Toe  
het Dawid van die grond op-  
gestaan en hom gewas aan-  
gesalf en ander klere aan-  
getrek en in die huis van die  
Here gegaan en aanbid.

Ek word 'n dader van die Woord deur ...