



OLD TESTAMENT • MAJOR PROPHETS

Lamentations

Grief spoken before a faithful God

AUTHORSHIP · Anonymous; traditionally associated with Jeremiah

DATE & CONTEXT · After Jerusalem's destruction in 586 BC

The big picture

Five poems grieve the destruction of Jerusalem and the suffering of its people. They name devastation without quickly moving past it. Confession and protest stand together, and a well-known expression of hope emerges from within deep pain rather than replacing it. The ending remains unsettled. Lamentations gives space for communal grief and reminds readers that faithful prayer can include unanswered questions.

Words to carry

“They are new every morning: great is thy faithfulness.”

Lamentations 3:23 · KJV

Live it

01 Name a loss honestly before God.

02 Make room for another person's grief without demanding quick recovery.

03 Look for one small mercy without using it to deny pain.

Pause & reflect

What grief have I been afraid to bring into prayer?

Original SELAH37 introduction. Read the text in context; historical dates and attributions are approximate.

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