

# REACHING THE *Sandy Shore*

## A LAMENT IS...

a way to voice our grief and connect to God in prayer.

## J I PACKER QUOTE

"The Scriptures are the lifeline God throws us in order to ensure He and we stay connected while the rescue is in process."

## GOD KNOWS OUR PAIN

About 40 percent of the Book of Psalms are laments, showing us God understands the need to express our emotions.

## IN MATTHEW 27:46

Jesus, on the cross, voiced his anguish in lament.

## MORE READING

*Walking with God Through Pain and Suffering* by Timothy Keller