

Rise and Shine Group Lament:

Oh God, why have you forsaken us...
We miss our friends, our gatherings around food- the bread of life.

Why do the unrighteous prosper?! Where are you?

Corruption with no recourse. Where are you God!?

Are you trying to tell us something?! If so, please enlighten the masses
Help us do the work of self-examination.

And PLEASE GOD, do the work with those most damaging and
inflicting the suffering of the innocent.
We have racial injustice, and hungry, and immigrants in need.

God, we believe you can handle it.
God, invite us to call to you for your help.

Your faith that we have followed has led us to polity.
Teach us a new way to really Lament!

There is so much senseless violence.
We're crying out to you as we suffer loss after loss.
Some have taken their own lives out of pure desperation.

We have no unity. We're lacking human leadership
We are surrounded by people who choose to exist blindly.
We want to have weddings and funerals and trampoline parks.

We are so privileged we have lost our resilience.

You have left us with people who can't understand their responsibility to others.
How can we survive if we can't be decent to each other!!

Why can't the stupid ones be afflicted!
All of these fussy, petulant, responses expose our deeper issues.

Let us send all of our feelings out.
We so desperately want to be in relationship with you.
We want to feel safe in our pain and speaking our hardship.
We are screaming for JUSTICE

We see you in the screaming.
We will rage at you to be connected to you.
We see you in the grief, in the loss, in the senseless suffering.
Come to us. Heal us.

Suffering is a mystery, except for this... our suffering is connected to our love.
We are heartbroken. Do you hear us?

Transform us in our grief.
We are here with our grief.

Let our lament change us.
Even the small things feel hard now.
Change upon change, upon change.

Lead us to nourishing change.
Send us leaders like Mother Theresa who can offer their wisdom to show us the way.
Help us not turn too quickly.

Let us make room for your nourishment to flood us in the space that was held by our loss.
Give us relationship solid enough to hold each other's lament.

A prayer by Mother Theresa

I used to pray that God would feed the hungry, or do this or that, but now I pray that he will guide me to do whatever I'm supposed to do, what I can do. I used to pray for answers, but now I'm praying for strength. I used to believe that prayer changes things, but now I know that prayer changes us and we change things.