



*Ash Wednesday*

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Why am I so terrified to be known? What parts of my life am I holding onto tightly? Holding back from God? Holding back from others? What am I meant to let go of? What do I need to create space for? Can I trust God? Can I hold on to his word that nothing, absolutely nothing, can separate me from God's enfolding love?









“People only dare to envision a new reality when they’ve been able to grieve, to scream out, to let loose the cry that has been stuck in their throats for so long. That cry, the expression of that grief, ‘is the most visceral announcement that things are not right.’ Only then can we begin to nurture, nourish, and evoke a new vision. We so desperately need a new way of seeing the world.”



Lament is a form of resistance.

Lament connects us with those who are suffering and schools us in compassion.

In lament we help give voice to the oppressed, to hidden suffering, and the silent suffering that happens because pain takes our language away.

In lament, we invite God's shalom.

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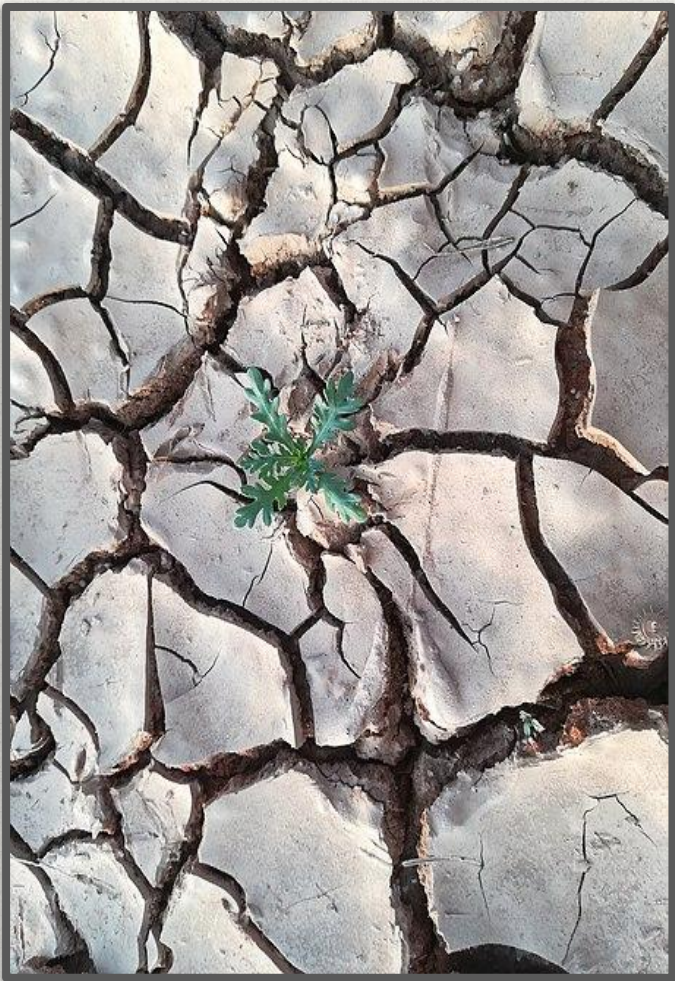
How does the practice of lament resonate with you?

How might you incorporate lament into your relationship with God?















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