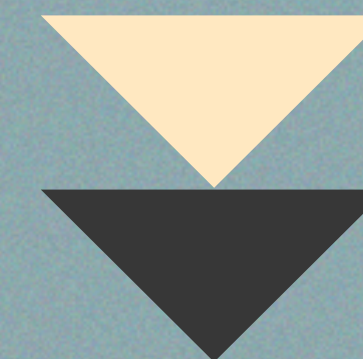
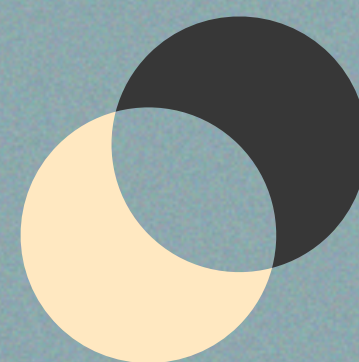
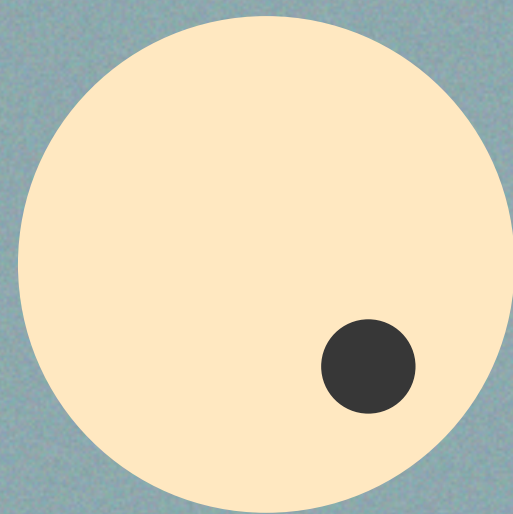


# UNDOING *the* UNLIST



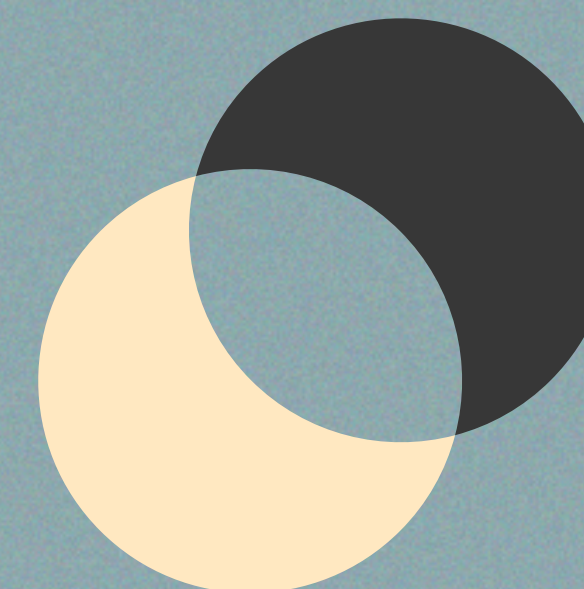




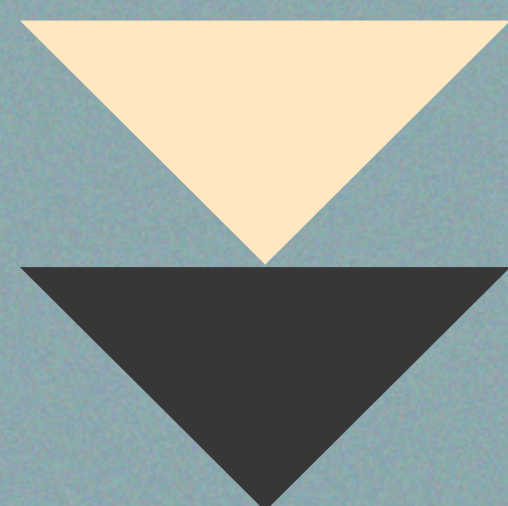
UNCONFESSED SIN



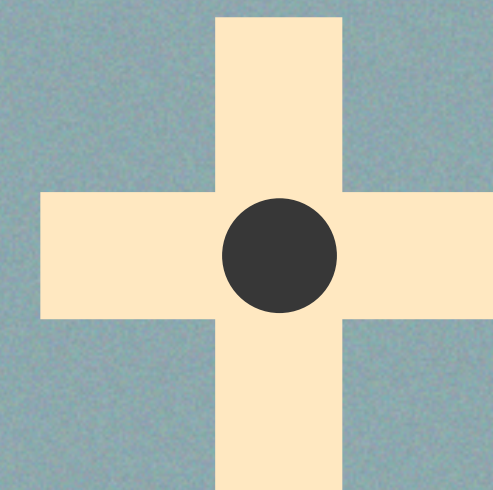
UNRESOLVED CONFLICT



UNFORGIVENESS



UNMET EXPECTATIONS



UNLAMENTED PAIN



FOREWORD BY JONI EARECKSON TADA

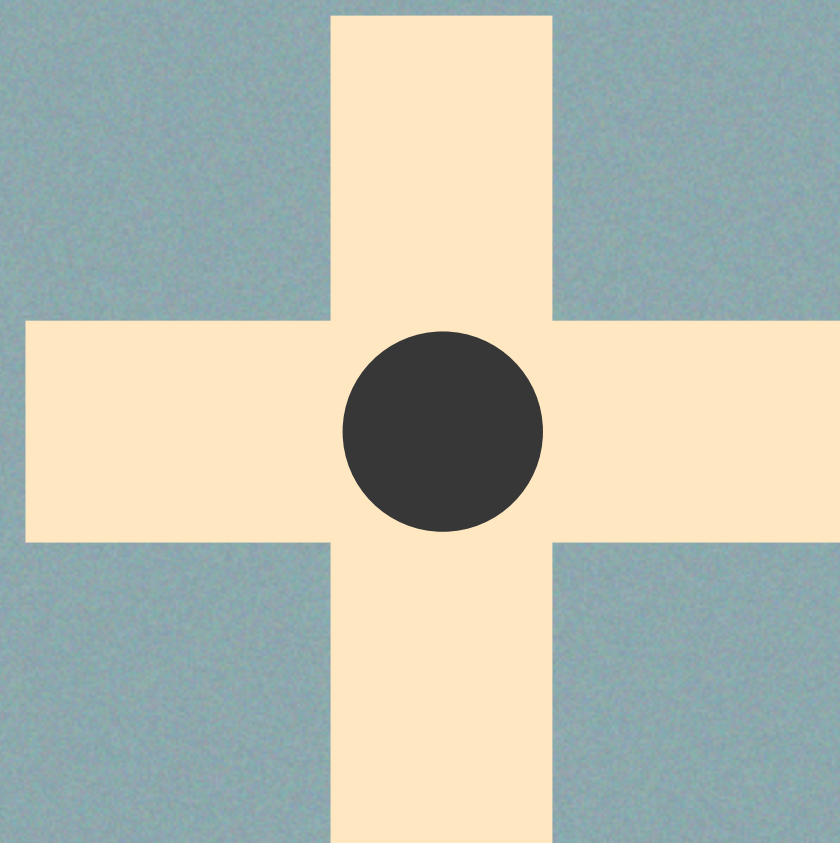
DARK  
CLOUDS  
— • —  
DEEP  
MERCY

DISCOVERING THE GRACE OF  
— LAMENT —

M A R K  
V R O E G O P







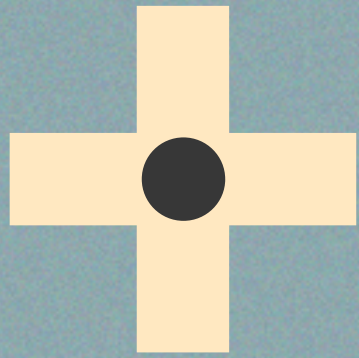
UNLAMENTED PAIN



# Elements of lament:

- Turn
- Complain
- Ask
- Trust





Lament leads us to  
trust the God of our  
salvation amid pain  
and sorrow.



# Elements of lament:

- Turn to God



## Elements of lament:

- Turn to God
- Complain to God



"With my voice I cry out to the LORD;  
with my voice I plead for mercy  
to the LORD. I pour out my complaint  
before him; I tell my trouble  
before him."

**Psalm 142:1-2**



## Elements of lament:

- Turn to God
- Complain to God



## Elements of lament:

- Turn to God
- Complain to God
- Ask God



## Elements of lament:

- Turn to God
- Complain to God
- Ask God
- Choose to Trust God