

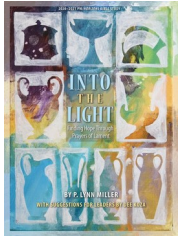
# Songs of Lament

The below is also available as a playlist in *Spotify*:

<https://open.spotify.com/playlist/3cSPkXYbpRzDZJFnCfvvhe?si=xp0l2RzbSrCdVQ-aM51UUw>

Walk With Me, Lord • <https://youtu.be/fsixjKOXpVc>  
How Long O Lord • [https://youtu.be/\\_anmR\\_EeFxA](https://youtu.be/_anmR_EeFxA)  
Didn't My Lord Deliver Daniel • <https://youtu.be/lBpx-OCFHKY>  
Swing Low, Sweet Chariot • [https://youtu.be/z9Y\\_GLT4\\_9I](https://youtu.be/z9Y_GLT4_9I)  
By the Waters of Babylon • <https://youtu.be/B11KZxvRIJE>  
Ah, Holy Jesus, How Hast Thou Offended? • <https://youtu.be/CSN3oSOjInE>  
O Sacred Head Now Wounded • <https://youtu.be/Pdlwr8IAJ1E>  
Were You There • <https://youtu.be/owqqhWnDxIk>  
My Shepherd Will Supply all of My Needs • <https://youtu.be/fPwz-O3bXEU>  
Here I Am, Lord • <https://youtu.be/mSzm7rEkMEU>  
We Are Standing on Holy Ground • <https://youtu.be/ZdminhRbHvE>  
Shelter Me, Oh God • <https://youtu.be/ROUr4fTlglM>  
O Come, O Come, Emmanuel • <https://youtu.be/XF8jtLC4UPo>  
Rivers of Babylon • <https://youtu.be/ta42xU2UXLA>  
Why Stand So Far Away, My God? • <https://youtu.be/8IXwfPvCYu0>  
My God, My God, why (Psalm 22) • <https://youtu.be/DGW7DKP1twE>  
In the Presence of Your People • <https://youtu.be/tPJNR4T43CI>  
It Is Well With My Soul • <https://youtu.be/Zs-D6vwvgLs>  
Tears From Heaven • <https://youtu.be/X5DXKz0iXOo>  
Sad Songs Say So Much • [https://youtu.be/X23v5\\_K7cXk](https://youtu.be/X23v5_K7cXk)  
Green River Blues • <https://youtu.be/fswDAImwskQ>  
St. Louis Blues • [https://youtu.be/5Bo3f\\_9hLkQ](https://youtu.be/5Bo3f_9hLkQ)  
Nobody Knows the Trouble I've Seen • <https://youtu.be/jzaWffyh1N4>  
The Way We Were • <https://youtu.be/ifWOSnoCS0M>  
I'm So Lonesome I Could Cry • [https://youtu.be/y9oa\\_BOS2KA](https://youtu.be/y9oa_BOS2KA)  
Send in the Clowns • <https://youtu.be/31i5hD9YSbQ>  
Stone Cold • [https://youtu.be/B5qULV6x\\_cE](https://youtu.be/B5qULV6x_cE)  
Strange Fruit • <https://youtu.be/Web007rzSOI>  
Blue Eyes Crying in the Rain • <https://youtu.be/crgtWomWg90>  
I Can't Make You Love Me • <https://youtu.be/nW9Cu6GYqxo>  
Poor Wayfaring Stranger • <https://youtu.be/PluWTKRvn00>  
Lonesome Dove • <https://youtu.be/zF3XgnuEEJY>

Good Hearted Woman • <https://youtu.be/swRJeMsk21g>  
Unbreak My Heart • <https://youtu.be/tBmKWSz09oE>  
Christmas Shoes • <https://youtu.be/XenT7Hj2FQg>  
Water Over Stones • <https://youtu.be/2xPq1AKnG0c>  
Heartbreak Hotel • <https://youtu.be/e9BLw4W5KU8>  
Cry Me A River • <https://youtu.be/wSw8KaZlYg>  
You'll Never Walk Alone • <https://youtu.be/G1WpGqEOCOg>  
All Who Love and Serve Your City • <https://youtu.be/H1jabmxxZF8>  
In The Arms of an Angel • [https://youtu.be/Uch3EFnwu\\_I](https://youtu.be/Uch3EFnwu_I)  
Someone Like You • <https://youtu.be/h4bZYcq4qeE>  
Maria (West Side Story) <https://youtu.be/Jy2VGRDxSvU>  
I Cried a Tear • <https://youtu.be/cRjnV0DcAwE>  
Hello After Goodbye • <https://youtu.be/1znOs8qY6bM>  
Hard Times Come Again No More • <https://youtu.be/H6FVvh7vjwc>  
What a Wonderful World • <https://youtu.be/CWzrABouyeE>  
Last Kiss • <https://youtu.be/4447IT5GQOk>  
A Water Over Stone • <https://youtu.be/5L3qkx4I5RE>



# Into the Light: Finding Hope Through Songs of Lament

PW Webinar/28 October 2020

## Parts of a Biblical Lament

1. Address to God
2. Description of the situation leading to lament
3. Statement of trust in God based on past relationship (distant past/recent past)
4. Call on God to act
5. Assurance that God will hear

## Psalms of Lament

Individual Laments: 3, 4, 5, 7, 9-10, 13, 14, 17, 22, 25, 26, 27\*, 28, 31, 36\*, 39, 40:12-17, 41, 42-43, 52\*, 53, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 89\*, 120, 139, 141, 142

Communal Laments: 12, 44, 58, 60, 74, 79, 80, 83, 85, 89\*, 90, 94, 123, 126, 129

Penitential Laments: 6, 32\*, 38, 51, 102, 130, 143

Imprecatory Laments: 35, 69, 83, 88, 109, 137, 140

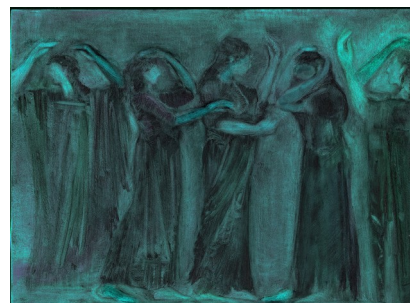
*\*These psalms can be categorized as more than one type of psalm, not just lament.*

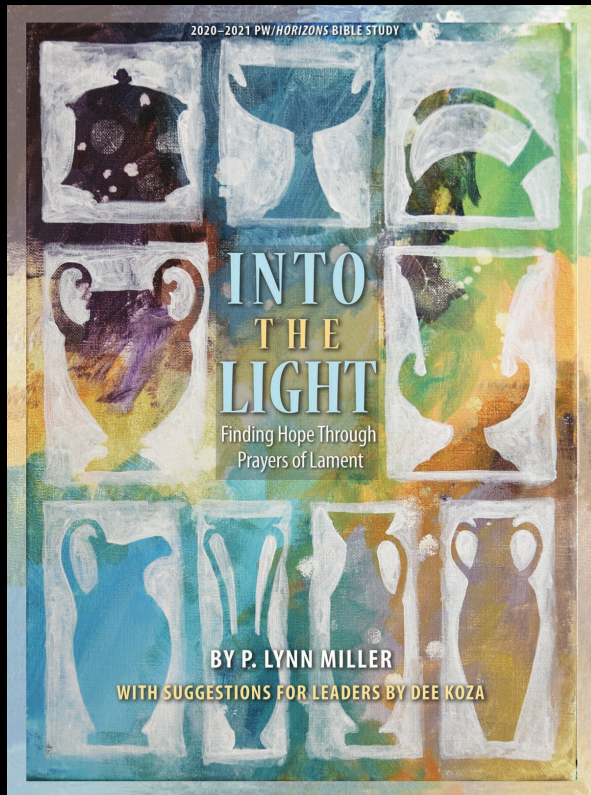
## The neuroscience of singing:

[https://www.amazon.com/This-Your-Brain-Music-  
Obsession/dp/0452288525](https://www.amazon.com/This-Your-Brain-Music-Obsession/dp/0452288525)

## Singing in times of stress:

[https://www.bbc.com/future/article/20200518-why-  
singing-can-make-you-feel-better-in-lockdown](https://www.bbc.com/future/article/20200518-why-singing-can-make-you-feel-better-in-lockdown)





# Into the Light Music Webinar

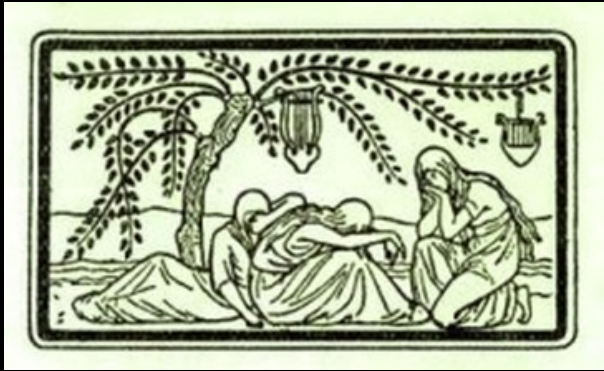
28 October 2020

Lynn Miller



If someone else is suffering enough to write it down,  
When every single word makes sense,  
Then it's easier to have those songs around.  
The kick inside is in the line that finally gets to you  
And it feels so good to hurt so bad  
And suffer just enough to sing the blues.  
So turn 'em on, turn 'em on  
Turn on those sad songs.  
When all hope is gone,  
Why don't you tune in and turn them on?  
They reach into your room, oh oh oh  
Just feel their gentle touch (gentle touch).  
When all hope is gone  
You know sad songs say so much

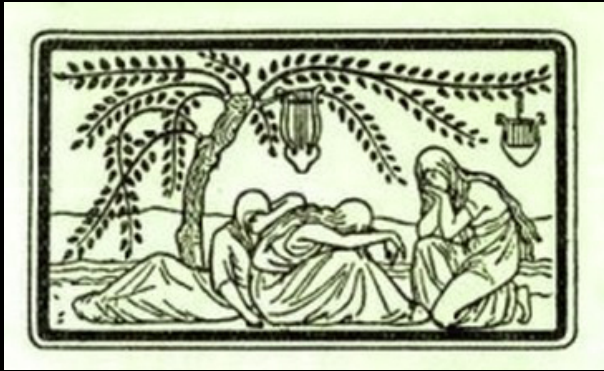
-Bernie Taupin  
"Sad Songs Say So Much"



## Biblical Lament

1. **Address** to God
2. **Description** of the injustice or grievance
3. Statement of **trust** in God based on past relationship
4. **Call** for God to act
5. **Assurance** that God will hear





## Topical Index in Glory to God

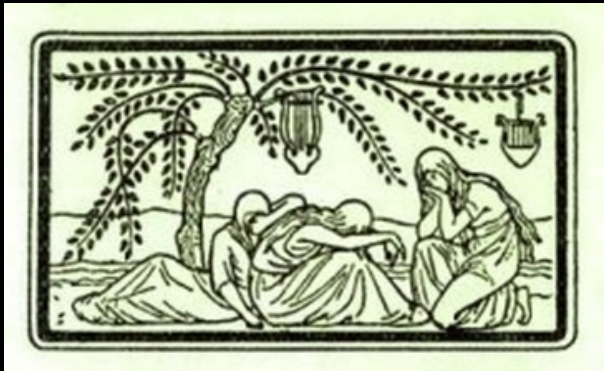
Lament (individual hymns)

Lament and Longing for Healing (section 775-800)

- after Justice and Reconciliation

- before Living and Dying in Christ

- Also a Scripture Index



### Hymn 775

I want Jesus to walk with me;  
I want Jesus to walk with me;  
All along my pilgrim journey,  
Lord, I want Jesus to walk with me.

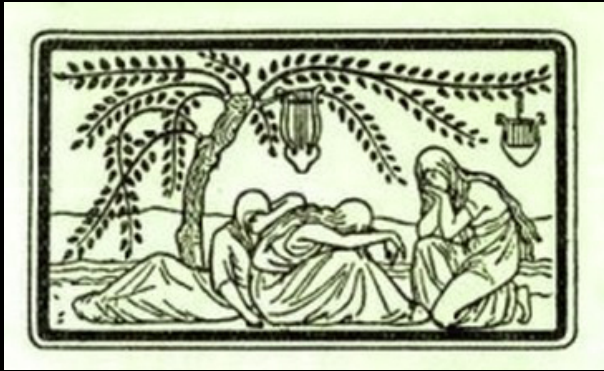
In my trials, Lord, walk with me;  
In my trials, Lord, walk with me;  
When my heart is almost breaking,  
Lord, I want Jesus to walk with me.

When I'm in trouble, Lord, walk with me;  
When I'm in trouble, Lord, walk with me;  
When my head is bowed in sorrow,  
Lord, I want Jesus to walk with me.

### Biblical Lament

1. Address
2. Description
3. Trust
4. Call
5. Assurance





## Hymn 777

How long, O Lord,  
will you forget an answer to my prayer?  
No tokens of your love I see;  
your face is turned away from me;  
I wrestle with despair.

How long, O Lord,  
will you forsake and leave me in this way?  
When will you come to my relief?  
My heart is overwhelmed with grief,  
by evil night and day

How long, O Lord?  
But you forgive with mercy from above.  
I find that all your ways are just;  
I learn to praise you and  
to trust in your unfailing love!

(Psalm 13)

## Biblical Lament

1. Address
2. Description
3. Trust
4. Call
5. Assurance

## Psalm 22

<sup>1</sup>My God, my God,  
why have you forsaken me?

Why are you so far  
from helping me,  
from the words  
of my groaning?

<sup>2</sup> O my God, I cry by day,  
but you do not answer;  
and by night,  
but find no rest.

<sup>3</sup> Yet you are holy,  
enthroned on the  
praises of Israel.

<sup>4</sup> In you our ancestors trusted;  
they trusted,  
and you delivered them.

<sup>5</sup> To you they cried,  
and were saved;  
in you they trusted,  
and were not put to shame.

## Hymn 210

Verse 1

Lord, why have you  
forsaken me,  
And why are you  
so far away from  
my complaint  
And my distress  
Poured out before you  
night and day

Verse 4

Yet you, O Lord,  
have been my God  
and only hope  
since I was born.  
With trouble near me,  
none can help.  
My Savior,  
leave me not forlorn.

## Hymn 631

Verse 1

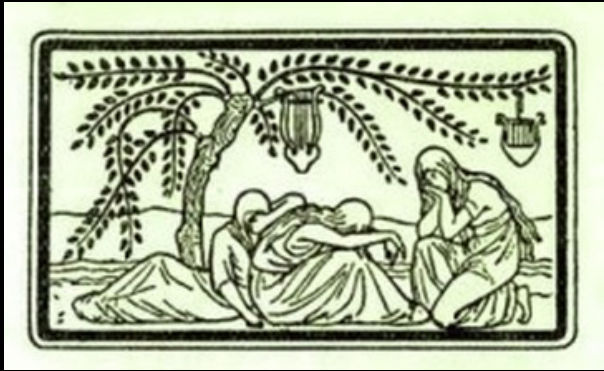
In the presence  
of your people  
I will praise your name,  
For alone you are holy,  
enthroned on  
the praises of Israel.  
Let us celebrate your goodness  
and your steadfast love;  
May your name be exalted  
here on earth and in heaven above.

Verse 3

All who seek your rule  
will praise you and be satisfied;  
for alone you are holy,  
enthroned on the praises of Israel.  
All the peoples of the nations  
will bow down to you;  
May your name be exalted  
here on earth and in heaven above

## Biblical Lament

1. Address
2. Description
3. Trust
4. Call
5. Assurance



## Individual issues/lessons:

Topical Index (page 949): Grief, Injustice

[Lesson 1: Individual ]

[Lesson 2: Communal]

[Lesson 3: Women (There is a section titled Women, but there are no laments)]

Lesson 4: Death (Living and Dying in Christ, Dying in Christ, Death, Funeral)

Lesson 5: Life (Living in Christ, though a quick glance shows no laments)

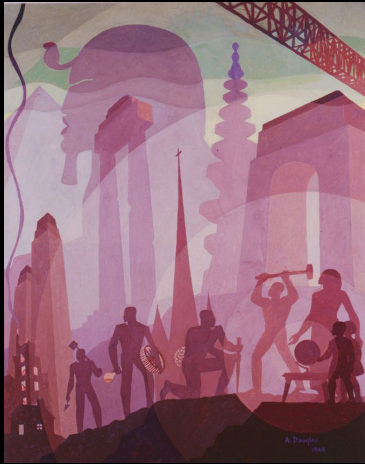
Lesson 6: City (Social Concerns may have some)

Lesson 7: Creation (Animals, Care of Creation, Creation, Creation and Providence)

Lesson 8: God Laments

(There is a section titled God's Love for Us, but few if any laments are listed; more along the lines of "What Wondrous Love is This")

Lesson 9: Hope, A New Heaven and a New Earth



Nobody knows the trouble I've been through  
Nobody knows my sorrow  
Nobody knows the trouble I've seen  
Glory hallelujah!  
Sometimes I'm up, sometimes I'm down  
Oh, yes, Lord  
Sometimes I'm almost to the ground  
Oh, yes, Lord  
Although you see me going 'long so  
Oh, yes, Lord  
I have my trials here below  
Oh, yes, Lord  
If you get there before I do  
Oh, yes, Lord  
Tell all-a my friends I'm coming to Heaven!  
Oh, yes, Lord

-Published 1867

## Biblical Lament

1. Address
2. Description
3. Trust
4. Call
5. Assurance

## Biblical Lament

1. Address

2. Description

3. Trust

4. Call

5. Assurance

Didn't My Lord Deliver Daniel

Didn't my Lord deliver Daniel, deliver Daniel, deliver Daniel?

Didn't my Lord deliver Daniel, then why not every man?

He delivered Daniel from the lion's den,

Jonah from the belly of the whale,

And the Hebrew children from the fiery furnace

Then why not every man?

I set my foot on the gospel ship

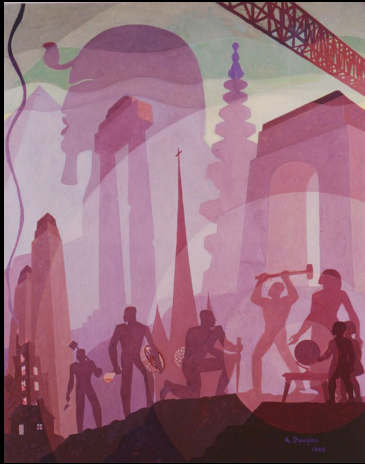
and the ship began to sail.

It landed me over on Canaan's shore

and I'll never come back no more.

Didn't my Lord deliver Daniel, deliver Daniel, deliver Daniel?

Didn't my Lord deliver Daniel, then why not every man?



Chorus: (Sung in Unison)

Didn't my Lord deliver Daniel,  
Deliver Daniel, deliver Daniel,  
Didn't my Lord deliver Daniel,  
And why not every man?

1. He delivered Daniel from the lion's den,  
Jonah from the belly of the whale,  
And the Hebrew children from the fiery furnace,  
And why not every man? [Chorus]

2. The moon run down in a purple stream,  
The sun forbear to shine,  
And every star disappear,  
King Jesus shall be mine. [Chorus]

3. The wind blows East, and the wind blows West,  
It blows like the judgment day,  
And every poor soul that never did pray  
'Il be glad to pray that day. [Chorus]

4. I set my foot on the Gospel ship,  
And the ship it begin to sail,  
It landed me over on Canaan's shore,  
And I'll never come back any more. [Chorus]

## Biblical Lament

1. Address
2. Description
3. Trust
4. Call
5. Assurance





The blues are that mood  
which owes its origins to  
powerlessness  
in the face of trouble.

James H. Cone, *The Spirituals and the Blues*, 123



I see a river rollin' like a log  
I wade up Green River, rollin' like a log  
I wade up Green River, Lord, rollin' like a log

Think I heard the Marion whistle blow  
I dreamed I heard the Marion whistle blow,  
And it blew just like my baby gettin' on board

I'm goin' where the Southern cross the Dog  
I'm goin' where the Southern cross the Dog  
I'm goin' where the Southern cross the Dog

Some people say the Green River blues ain't bad  
Some people say the Green River blues ain't bad  
Then it must-a not been the Green River blues I had

It was late one night, everything was still  
It was late one night, baby, everything was still  
I could see my baby up on a lonesome hill  
How long evenin' train been gone?

How long, baby, that evenin' train been gone?  
You know I'm worried now but I won't be worried long

I'm goin' away, but may get lonesome here  
I'm goin' away, baby, you may get lonesome here  
Yes, I'm goin' away, baby, it may get lonesome here

## Biblical Lament

1. Address
2. Description
3. Trust
4. Call
5. Assurance

Charlie Patton  
Green River Blues



I hate to see that evening sun go down  
I hate to see that evening sun go down  
Cause my baby, he's done left this town

If I feel tomorrow like I feel today  
Feelin' tomorrow like I feel today  
I'll pack up my truck and make my get-a-way

St. Louis woman with her diamond rings  
Pulls that man around by her apron strings,  
'Tweren't for powder and her store-bought hair  
That man I love wouldn't go nowhere, nowhere

I got the St. Louis blues, I'm as blue as I can be  
He's got a heart like a rock cast in the sea  
Or else he would not go so far from me

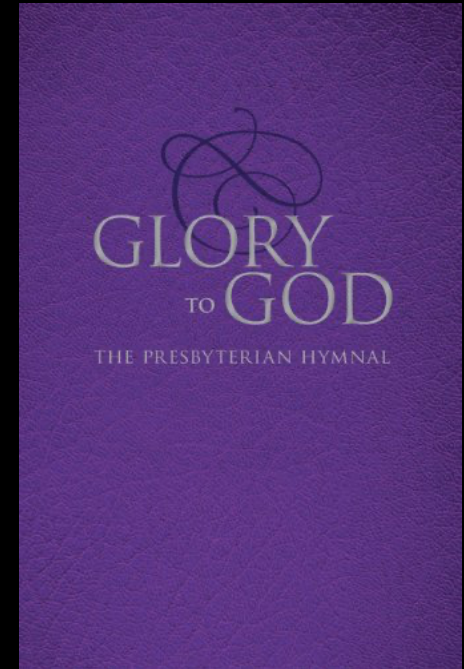
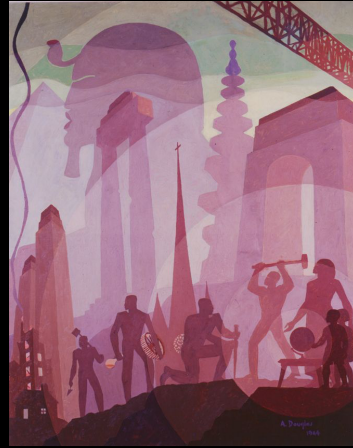
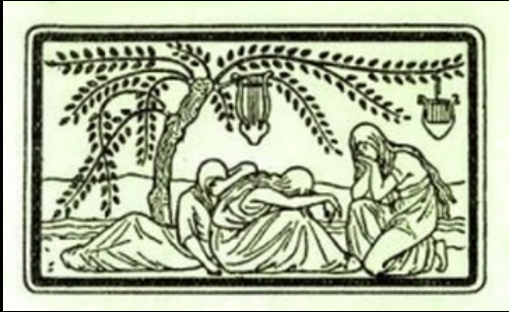
I love my baby like a school boy loves his pie  
Like a Kentucky colonel loves his mint 'n rye  
I love my man till the day I die

Sung by Bessie Smith

Biblical Lament

1. Address
2. Description
3. Trust
4. Call
5. Assurance

W.C. Handy  
St. Louis Blues



New music  
New arrangements of music

## Biblical Lament

1. Address to God
2. Description of the injustice or grievance
3. Statement of trust in God based on past relationship
4. Call for God to act
5. Assurance that God will hear

Call to Worship

Hymn

Hymn

Hymn

Benediction

- Address to God
- Description of the injustice or grievance
- Statement of trust
- Call for God to act
- Assurance that God will hear