

# 7 DAYS OF LAMENT AND PRAYER



ADAPTED FOR USE  
AT BELIEVERS CHURCH

# DAY 1: MOURNING

## **MEDITATION:**

War, economic downturns, pandemics, cultural crises. There are moments in human history and in our individual lives where the perplexing crises of life leave individuals, families, and nations with no reasonable response but mourning. As hard as it is, this is a gift from God. There is a tremendous promise on the other side of our tears.

*Matthew 5:4 - "Blessed are those who mourn, for they shall be comforted."*

*Ecclesiastes 7:2 - "It is better to go to a house of mourning than to go to a house of feasting, for death is the destiny of everyone; the living should take this to heart."*

## **ADORATION: The God Who Sees**

*2 Kings 20:5 - "Go back and tell Hezekiah, the leader of My people, 'This is what the LORD, the God of your father David, says: I have heard your prayer; I have seen your tears. I will surely heal you. On the third day from now you will go up to the house of the LORD.'"*

New Living Translation:

*"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."*

## **INTERCESSION:**

Father, open Your ear and release divine joy across the land.

*Psalm 39:12 - "Hear my prayer, O LORD, and give ear to my cry for help; do not be deaf to my weeping. For I am a foreigner dwelling with You, a sojourner like all my fathers."*

*Psalm 126: 5-6 - "Those who sow in tears Shall reap in joy.6 He who continually goes forth weeping, Bearing seed for sowing, Shall doubtless come again with rejoicing, Bringing his sheaves with him."*

## **REPENTANCE:**

Father, forgive us for where we have despised and rejected the grace of mourning. We have short circuited your work in our lives by failing to pause and weep. Please cleanse us with the gift of tears.

## **ACTIVATION:**

# DAY 2: PEACE

## MEDITATION:

When Jesus commanded the storm to stop he said, “Hush, be still!” His words released a “divine presence of God to bind the leader of chaos.” In a moment, the tumultuous, dangerous waters stilled. (Mark 4:35 - 41, Luke 8:22 - 25, Matthew 8:23 - 27). The peace that he brings is not passive. It is powerfully proactive. It brings conflict to what conflicts with His love. We are now invited into the peacemaking ministry of Jesus. Peacemakers release power which destroys the chaos inside an individual, atmosphere, and/or situation.

*Matthew 5:9 - “Blessed are the Peacemakers, for they shall be called the sons of God.”*

## ADORATION:

You are the PRINCE OF PEACE and You give peace to Your people.

*Ephesians 2:14-18 – “For He Himself is our peace, who has made both one, and has broken down the middle wall of separation, having abolished in His flesh the enmity, that is, the law of commandments contained in ordinances, so as to create in Himself one new man from the two, thus making peace, and that He might reconcile them both to God in one body through the cross, thereby putting to death the enmity. And He came and preached peace to you who were afar off and to those who were near. For through Him we both have access by one Spirit to the Father.”*

*Psalms 29:11 – “The Lord gives strength to His people; the Lord blesses His people with peace.” (NIV)*

*Isaiah 26:3 – “You will keep in perfect peace him whose mind is steadfast, because he trusts in You.” (NIV)*

## **REPENTANCE:**

Father, forgive us for failing to access the peace that you give and springing into action without allowing you to calm the storms within us. We turn from being led primarily by our emotions, we repent for embracing leadership that doesn't reflect your heart, and we long for your peaceful direction.

## **INTERCESSION:**

God, we resist and renounce the dark spirits of confusion/chaos/strife/division in our hearts and in the earth. Give me the mind of Christ and release a supernatural measure of your peace in every place.

*Romans 16:19, 20 – “For your obedience has become known to all. Therefore I am glad on your behalf; but I want you to be wise in what is good, and simple concerning evil. And the God of peace will crush Satan under your feet shortly.”*

*Philippians 4:8-9-8 - “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy-- meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”*

## **ACTIVATION:**

Reach out to someone with whom you have been at odds and find a way to bless them today. Ask if there is any way that you can serve them. If you feel anxious about it, continue to ask God for peace and strength as you step out of your comfort zone and do it anyway.

# DAY 3: HEAL

## MEDITATION:

We are all wounded from the journey of human history. We have scars from the sins of our foremothers and forefathers. There is no people group on the earth that hasn't suffered from the fall of man which causes us to violate the image of God within humanity. Our hurt can cause us to seek retribution outside of God's goodness and go our own way. But God is in control of our history, our present, and our future. Nothing we have been through will be lost for nothing in the plan of redemption. Today we respond to the prophet Hosea's admonition:

Hosea 6:1 - "Come, and let us return to the LORD; For He has torn, but He will heal us; He has stricken, but He will bind us up."

## ADORATION: You are the HEALER God.

*Exodus 15:26 – "I am the Lord who heals you."*

*Psalms 147:3 – "He heals the brokenhearted and binds up their wounds."*

*Isaiah 53:4-6 – "Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. All we like sheep have gone astray; we have turned, every one, to his own way; and the LORD has laid on Him the iniquity of us all."*

## **REPENTANCE:**

Father, forgive us for hurting and wounding others with our words and our actions.

## **INTERCESSION:**

Bring healing to the hearts of every people group on the earth. Heal us from the wounding of our past, help us to navigate the present with wisdom and compassion, release hope for the future. Show us the glory and the beauty of our eternal home.

*Jeremiah 30:17 – “But I will restore you to health and heal your wounds,” declares the LORD.”*

*Revelation 22:1-2 - “And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb. 2 In the middle of its street, and on either side of the river, was the tree of life, which bore twelve fruits, each tree yielding its fruit every month. The leaves of the tree were for the healing of the nations [ethnic groups].”*

## **ACTIVATION:**

Do something creative to express and capture some of your deepest areas of pain. It could be simply handwriting a letter or drawing with a marker, or as complex as crafting a song, a sculpture, or an oil painting.

# DAY 4: FORGIVE

## MEDITATION:

Forgiveness is painfully difficult and contrary to our natural wirings as humans. Yet it is absolutely necessary in order to access the healing that we need from heaven. It is a primary trait of those who have experienced the mercy of God. Through the act of forgiveness, we eschew human nature and embrace Christ-likeness.

## ADORATION: You are the FORGIVING God.

*Micah 7:18 – “Who is a God like You, Who forgives iniquity and passes over the transgression of the remnant of His heritage? He retains not His anger forever, because He delights in mercy and loving-kindness.” (AMP)*

*Psalms 86:5 – “You are forgiving and good, O Lord; abounding in love to all who call to you.” (NIV)*

*Daniel 9:9 – “The Lord our God is merciful and forgiving.” (NIV)*

## REPENTANCE:

Forgive us, Lord, for where we have failed to extend forgiveness and harbored vengeance in our own hearts. Lord, we have not longed to be merciful.

*Matthew 5:38, 39 – “You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also.”*

*Psalms 68:5 – “I will confess my transgressions to the Lord, and You forgave the guilt of my sin.”*



## **INTERCESSION:**

Give us the grace to forgive our enemies and those who sin against us. Uproot bitterness across the land and release our cultures from unforgiveness.

*Matthew 6:12,14,15 – “And forgive us our debts, As we forgive our debtors. For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”*

## **CONFESSION:**

*James 5:16 – “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”*

## **ACTIVATION:**

Who do you need to forgive today? Make a list and release forgiveness over them in prayer. Simply say, “Father, in the Name of Jesus I forgive \_\_\_(insert name)\_\_. If possible, contact them and confess your heart to them. Trust God to release the grace of forgiveness.

# DAY 5: FAITH

## MEDITATION:

Because God works all things according to the good of those who love him and are called according to his purpose, even the most painful parts of our human history possess great value in His plan. For over 400 years those who were enslaved cried out for freedom. Do you think their faith ever wavered? Of course! But, there was a consistency to their prayer life and a purpose to the delayed response. Eventually, a great day of liberation came and every prayer of faith that had been stored up in the bowls of heaven were poured out on one generation. A quick answer to prayer doesn't necessarily produce an enduring faith. However, their prolonged trials married with persevering prayer produced an overcoming faith which is our corporate inheritance regardless of ethnicity.

*Hebrews 11:1-2 "Now faith is confidence in what we hope for and assurance about what we do not see. This is what the ancients were commended for."*

*Hebrews 11:30 - "By faith the walls of Jericho fell, after the army had marched around them for seven days."*

*James 5:15-18 - "And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. And he prayed again, and the heaven gave rain, and the earth produced its fruit."*

**ADORATION:** You are the God who is ATTENTIVE to my prayers.

*2 Chronicles 7:15 – “Now My eyes will be open and My ears attentive to all the prayers offered in this place.” (NIV)*

*Psalms 34:15 – “The eyes of the LORD are on the righteous and His ears are attentive to their cry...” (NIV)*

*1 Peter 3:12 – “For the eyes of the Lord are on the righteous and His ears are attentive to their prayer.” (NIV)*

**REPENTANCE:**

Father, forgive us for doubting that You hear and respond to our prayers.

*Psalms 34:6 – “This poor man cried out, and the LORD heard him, and saved him out of all his troubles.”*

**INTERCESSION:**

God, raise up a praying church in this hour that possesses a prevailing faith that continues to believe in the face of adversity.

*2 Chronicles 7:14 – “If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”*

*Ephesians 3:20,21 – “Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.”*

# DAY 6: HOPE

## **MEDITATION:**

Through the long and storied history of chattel slavery, people of African-descent tapped into an understanding of supernatural hope beyond what the world could conceive. Today it is easy to give in to despair in the midst of the continual cycles of bad news. Hope is not only a power, it is a place of protection that we can access in God. Scripture is filled with strong language persuading us to persist in it.

*2 Corinthians 4:18 - "Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal."*

## **ADORATION: You are the God of HOPE.**

*Psalm 38:15 – "For in You, O Lord, do I hope; You will hear, O Lord my God."*

*Lamentations 3:24 – "The Lord is my portion or share, says my living being; therefore will I hope in Him."*

*Romans 15:13 – "Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit."*

## **REPENTANCE:**

Father, forgive us for putting our hope in other saviors. Forgive us for seeking temporary solutions for eternal problems.

*Deuteronomy 11:16,17 – “Take heed to yourselves, lest your heart be deceived, and you turn aside and serve other gods and worship them, lest the LORD’s anger be aroused against you, and He shut up the heavens so that there be no rain, and the land yield no produce, and you perish quickly from the good land which the LORD is giving you.”*

*Exodus 20:3 – “You shall have no other gods before Me.”*

## **INTERCESSION:**

Bring hope to those who have no hope. Deliver us from our iniquities and give us an eternal perspective. Help us return to the stronghold of hope as a nation.

*Psalms 130:7,8 – “O Israel, hope in the LORD; For with the LORD there is mercy, And with Him is abundant redemption. And He shall redeem Israel from all his iniquities.”*

## **ACTIVATION:**

1. Praise God in song and/or dance. Praise is a mighty weapon we can use for combatting hopelessness!
2. Contact someone who you know is incredibly discouraged or heartbroken over the condition of society and the ethnic tensions. Speak words of encouragement and blessing over them today.

# DAY 7: LOVE

## MEDITATION:

Love is not just an emotion or a good feeling. It is power. It is what must motivate and compel all of our action. Without it, we are simply noise makers and busy bodies.

*Matthew 22:36-38 – “Teacher, which is the great commandment in the law?” Jesus said to him, “You shall love the LORD your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment.”*

*Mark 12:31 - “And the second, like it, is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”*

## ADORATION: You are the God who is ZEALOUS.

*2 Kings 19:31 – “For out of Jerusalem shall go forth a remnant, and a band of survivors out of Mount Zion. The zeal of the Lord of hosts shall perform this.” (AMP)*

*John 2:17 – “His disciples remembered that it is written: ‘Zeal for your house will consume me.’” (NIV)*

*Isaiah 9:7 – “The zeal of the Lord will perform the promises made.”*

## **REPENTANCE:**

Father, forgive us for not loving You in a wholehearted way. Help us to love our neighbors and even our enemies with the zeal in which you love us.

*Revelation 2:4,5 – “Nevertheless I have this against you, that you have left your first love. Remember therefore from where you have fallen; repent and do the first works, or else I will come to you quickly and remove your lampstand from its place—unless you repent.”*

## **INTERCESSION:**

Pour out Your Spirit and revive a love for Jesus in our hearts. Let Your love be made known in the hearts of our enemies.

*Matthew 5:44 - “But I tell you, love your enemies and pray for those who persecute you”*

*Psalms 119:25 – “Revive me according to your Word.”*

*Psalms 119:40 – “Revive me in Your righteousness.”*

*Psalms 119:149 – “Revive me according to Your justice.”*

*Psalms 143:11 – “Revive me, O Lord, for Your name’s sake!”*

## **ACTIVATION:**

Find another “enemy” to serve today. Who annoys you the most? Spend time with them today!