

A LITURGY OF  
**SADNESS, ANGER,  
WEARINESS, AND FEAR**

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**Leader (1):** Our God, who created us for joy, weeps with us in our sorrow, and collects every tear of his loved children, opens his arms to us in compassion. And so we offer our **sadness** to him.

**All:** Oh God, you are our God. Earnestly we seek you. You are the comforter, the counselor, the Father of all mercies. We bring you our grief, our losses, our disappointments, our long sadnesses.

**Leader (1):** Be gracious to me, O Lord,  
for to you I cry all day long.

**All:** Gladden the soul of your servant,  
for to you, O Lord, do I lift up my soul.

**Leader (1):** For you, O Lord, are good and forgiving,  
abounding in steadfast love to all who call upon you.

**All:** Give ear, O LORD, to my prayer;  
listen to my plea for grace.

In the day of my trouble I call upon you,  
for you answer me. (Psalm 86:1-7)

**Leader (1):** Offer now your silent prayers of sadness to God.

**Leader (1):** Help us, Lord, to throw ourselves absolutely and completely onto you,  
Lift our souls out of the heavy place, out of the pit that brims with despair.

Give us morning joy that comes after a night of heaviness,  
Water our souls richly with joy.

For you are the blessed God, happy in yourself, the source of every creature's joy,  
Our maker, benefactor, upholder.

You have created and sustained us,  
Supported, saved, and kept us.

Keep us from drowning in our sadness. Do not let it overtake us.

Even as we acknowledge that we feel overwhelmed by the grief, remind us that you're  
with us, present, listening, tender.

Here are our places of sadness. We offer them to you.

Amen. Come Lord Jesus.

**Leader (2):** Now let us move from our sadness to our anger. Our God, who will judge every cruel deed, is able to withstand the storms of our anger, whether righteous or unrighteous. He invites us along with the Psalmist to bring our anger to him.

**All:** Oh God, you are my God; earnestly I seek you. To you, the just one, who cares for the oppressed and pleads the cause of the innocent, we bring our **anger**, our frustrations, our places of powerlessness.

**Leader (2):** Awake! Why are you sleeping, O Lord?  
Rouse yourself! Do not reject us forever!

**All:** Why do you hide your face?  
Why do you forget our affliction and oppression?

**Leader (2):** For our soul is bowed down to the dust;  
our belly clings to the ground.

**All:** Rise up; come to our help!  
Redeem us for the sake of your steadfast love! (Psalm 44:23-26)

**Leader (2):** Offer now your silent prayers of anger to God. (1 minute)

**Leader (2):** Oh God, whose anger is only ever holy, justified, and righteous,  
We are angry at the injustice we see done to others all over this world,  
We are angry at the injustices we suffer personally.  
But we are also hot with the frustration of not getting what we desire, and of being hurt by those we love.

Enable us by your indwelling Spirit to entrust ourselves to you.

For you have declared that vengeance is yours and you will repay. You will judge your people. We know that It is a fearful thing to fall into the hands of the living God.

Remind us of these truths, Oh God, when we see injustice that continues to go on day after day after day. Give us faith that you, who see all things, will call to account those who abuse, overlook, discriminate, and treat as less than human those whom you have created.

Use our angry energy as a force in us that pushes us again to plead with you for mercy and action. Amen. Come Lord Jesus.

**Leader (3):** Let us move from our anger to our weariness. Our God, who creates our bones, breathes life into us, and invigorates our every movement, is able to offer strength for our exhaustion. And so we offer our **weariness** to him.

**All:** Oh God, you are our God. Earnestly we seek you. You are our rock, our fortress and our deliverer, our strength, the one in whom we will trust. We bring our **weariness**, our exhaustion, and our weakness to you.

**Leader (3):** Be merciful to me, Lord, for I am in distress;

**All:** my eyes grow weak with sorrow,  
my soul and body with grief.

**Leader (3):** My life is consumed by anguish  
and my years by groaning;

**All:** my strength fails because of my affliction  
and my bones grow weak. (Psalm 31:9-10)

**Leader (3):** Offer now your silent prayers of weariness to God. (1 minute)

**Leader (3):** Oh, Lord, help us to hold out a little longer,  
Until the long anticipated hour of deliverance comes,  
Engender hope in us, and enable us to fix our eyes on eternity.  
Remind us of the victory you have already accomplished.  
Replay in our hearts and minds the story of your resurrection,  
That when we groan inwardly with weariness,  
we may remember that in just a little longer,  
You will return with power to take us to the place you have already prepared.  
Amen. Come Lord Jesus.

**Leader (4):** Let us now move from our weariness to our fear. Our God knows our frame. He remembers we are dust. He leads us like a flock, protecting and attending us. He is not the hired hand who runs from danger, but the shepherd who lays down his life for his sheep. And so we offer our **fear** to him.

**All:** Oh God, you are our God. Earnestly we seek you. To you, our shepherd, who leads us through every valley and shadow, who hems us in behind and before, who orders our steps, we offer to you our anxieties, our dread, our **fear**.

**Leader (4):** Hear my cry, O God, listen to my prayer;

**All:** from the end of the earth I call to you when my heart is faint.

Lead me to the rock that is higher than I,

**Leader (4):** for you have been my refuge,

**All:** a strong tower against the enemy. (Psalm 61:1-3)

**Leader (4):** Offer now your silent prayers of fear to God. (1 minute)

**Leader (4):** Oh God, be our good shepherd to lead us into the green pastures of your Word, and cause us to lie down beside the rivers of its comforts.

Fill us with peace, that no fears of unexpected danger

May ruffle the calm surface of our souls.

Interrupt the terrible thoughts that flood our minds and hearts

The worst case scenarios that plague us, the terrible possibilities that present themselves hourly. Lord, come close. Let us feel your strength working on our behalf.

Remind us that you are never afraid. Amen. Come Lord Jesus

**Leader (1):** You have offered God all of your anger, your fear, your weariness and your sadness. This is what he asks of his daughters, that you trust him with all of these things. And now let him respond through his word with his provision for your anger, fear, weariness, and sadness. Close your eyes, open your hands, and receive from your God.

**Leader (1):** As we give him our *sadness*, he extends himself and his joy:

**Leader (2):** When the righteous cry for help, the LORD hears and delivers them out of all their troubles. The LORD is near to the brokenhearted and saves the crushed in spirit.

Psalm 34:17-18

**Leader (3):** Those who sow in tears shall reap with shouts of joy! He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him. (Psalm 126:5-6)

**Leader (1):** As we offer him our *anger*, he offers his justice:

**Leader (2):** Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, who made heaven and earth, the sea, and all that is in them, who keeps faith forever; who executes justice for the oppressed, who gives food to the hungry.

The LORD sets the prisoners free; the LORD opens the eyes of the blind.  
The LORD lifts up those who are bowed down; the LORD loves the righteous.  
The LORD watches over the sojourners; he upholds the widow and the fatherless,  
but the way of the wicked he brings to ruin. (Psalm 146:5-9)

**Leader (1):** For our *weariness*, he gives us rest and strength:

**Leader (2):** Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” (Matthew 11:28-30)

**Leader (3):** He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. (Isaiah 40:27-31)

**Leader (1):** In exchange for our *fear*, he gives peace and his own presence:

**Leader (2):** I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. John 16:33

**Leader (3):** Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10

**Leader (4):** Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27

**Leader (1):** And so we thank you, Father of all mercies, for your promises, and above all for your presence. Hear us now and receive the glory that is due to you in our worship.