

The Gift of Lament

Week 2



Our _____ towards the hurting

Romans 12:15

Permission and _____ to mourn

Matthew 5:4; John 11:35

Discussion: What are some reasons Christians are reluctant to voice their complaints to God?

“Lament ... tells you where to look and whom to trust when pain and uncertainty hang in the air you breathe.”

Mark Vroegop

Step 1: _____ to God (Psalm 86:1, 6)

Psalm 77:1-2

Notice the action words as this lament prayer begins

“To pray in pain, even with its messy struggle and tough questions, is an act of faith.” Mark Vroegop

Psalm 77:3-4

Prayers of lament do not guarantee your emotional struggle will immediately lift.

Psalm 77:5-9

Pray your questions.

“Honestly praying this way recognizes that pain and suffering often create difficult emotions that are *not* based upon truth but *feel* true, nonetheless.” Mark Vroegop

Application: Write down one area where you feel grief, loss, anger, or disappointment. It could be something personally or even something bigger in your family or society.

Step 2: Bring Your _____

“Writers of laments ... often seek to make the ‘case’ against God, frequently citing God’s promises in order to complain that God seems to be forgetting his promises. They throw the promises of God back at Him.” Todd Billings

- Bring your _____
 - Psalm 10:1
 - Psalm 22:1
 - Psalm 44:23-24
 - Psalm 88:14

- Bring your _____
 - Psalm 13:1-2
 - Psalm 35:17
 - Psalm 94:3
 - Psalm 137:4

- Bring your _____
 - Psalm 10:2-5
 - Psalm 10:6-11

The Difference Between Complaint and Grumbling is _____.

- Psalm 82:1 An _____ view of God
- Psalm 82:2 An honest _____ of my complaint

Homework:

Refer back to the area you identified where you feel grief, loss, discouragement, or whatever other emotion you are experiencing.

1. Write a list of the complaints you have about that area of life.
2. Take some time and turn to God and verbalize your written complaints to Him.