

The Gift of Lament

Week 3



Discussion: How is complaining the right way spiritually helpful?

The Bridge Out of Complaint

- Psalm 69:12, 13
- Psalm 85:14, 15
- Psalm 22:3-5; 6-10

Step 3: _____

“The next leg in our journey involves confidently calling upon God to act in accordance with his character. It is how lament moves from the why question of complaint to the who question of request.”

Mark Vroegop

- Psalm 22:11-21 Bold Requests

- Hebrews 4:15 – 16 “Confidence” means free and fearless; boldness

“Part of the grace of lament is the way it invites us to pray boldly even when we are bruised badly.”

Mark Vroegop

What Do We Ask God For?

1. Psalm 10:12 _____ what is wrong in the world
2. Psalm 60:11-12 _____
3. Psalm 25:6 Remember your _____
4. Psalm 83:16-18 Let _____ be done
5. Psalm 51:1 Don't _____ our sins
6. Psalm 80:3 _____ us
7. Psalm 28:1-2 Don't be _____ – _____
8. Psalm 90:12; 143:10 _____ me
9. Psalm 35:23, 24 _____ me

“Lament invites us to ask boldly. The wide variety of requests in the lament psalms help us to see that no matter what the pain or how long the struggle, we need to keep asking.”

Discussion: What would happen if a person stopped the lament process with complain and didn't move toward asking boldly?

Asking Boldly for Others

- James 5:16

Homework:

Go back to your complaints from last week.

Repeat them in prayer and now transition to boldly asking God to act.