

**TITLE:** Biblical Lament: Daring to Hope in God

**TEXT:** Psalm 13

**Biblical Lament:** A prayer in pain that leads to **t**\_\_\_\_\_.

- It is the honest cry of a hurting heart wrestling with the paradox of **p**\_\_\_\_\_ and the **p**\_\_\_\_\_ of God's goodness.

**Lament asks two questions:**

1. "**W**\_\_\_\_\_ are you, God?"
2. "If you love me, **w**\_\_\_\_\_ is this happening?"

**The Pattern of Biblical Lament:**

1. **T**\_\_\_\_\_ to God (Ps 13:1; Ps 22:1; Ps 55:1; Ps 77:1-2)
  - a. Giving God the **s**\_\_\_\_\_ treatment is the ultimate manifestation of **u**\_\_\_\_\_.
  - b. Anyone can cry but it takes **f**\_\_\_\_\_ to turn to God in lament.
2. Bring your **c**\_\_\_\_\_ (Ps 13:1-2; Ps 22:1-2; Ps 55:2-5, 17; Ps 77:7-9)
  - a. We complain based on our **b**\_\_\_\_\_ in who God is and what He can do.
  - b. Bring your frustrations with **h**\_\_\_\_\_.
  - c. Bring your questions with **h**\_\_\_\_\_.
3. **A**\_\_\_\_\_ boldly for help (Ps 13:3-4; Ps 22:19-21; Ps 55: 9-11, 16-19)
  - a. Lament must move from the **w**\_\_\_\_\_ question of complaint to the **w**\_\_\_\_\_ question of request.
  - b. The **g**\_\_\_\_\_ of lament is the way it invites us to pray boldly even when we've been bruised badly.
4. Choose to **t**\_\_\_\_\_ (Ps 13:5-6; Ps 55:23; Ps 77:10-20)
  - a. **R**\_\_\_\_\_ God's promises in His Word.
  - b. **R**\_\_\_\_\_ God's past goodness to you.
  - c. **R**\_\_\_\_\_ God's praises in the pain.

**TITLE:** Biblical Lament: Daring to Hope in God

**TEXT:** Psalm 13

**Biblical Lament:** A prayer in pain that leads to trust.

- It is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God's goodness.

**Lament asks two questions:**

1. "Where are you, God?"
2. "If you love me, why is this happening?"

**The Pattern of Biblical Lament:**

1. Turn to God (Ps 13:1; Ps 22:1; Ps 55:1; Ps 77:1-2)
  - a. Giving God the silent treatment is the ultimate manifestation of unbelief.
  - b. Anyone can cry but it takes faith to turn to God in lament.
2. Bring your complaint (Ps 13:1-2; Ps 22:1-2; Ps 55:2-5, 17; Ps 77:7-9)
  - a. We complain based on our belief in who God is and what He can do.
  - b. Bring your frustrations with honesty.
  - c. Bring your questions with humility.
3. Ask boldly for help (Ps 13:3-4; Ps 22:19-21; Ps 55: 9-11, 16-19)
  - a. Lament must move from the why question of complaint to the who question of request.
  - b. The grace of lament is the way it invites us to pray boldly even when we've been bruised badly.
4. Choose to trust (Ps 13:5-6; Ps 55:23; Ps 77:10-20)
  - a. Recite God's promises in His Word.
  - b. Recall God's past goodness to you.
  - c. Resound God's praises in the pain.