

Apply The Word

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Message Info

Title:

Learning to Lament

Speaker:

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Date:

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Scriptures:

Psalms 10

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Theme: Bring your lament to the Lord and see his deliverance.

Introduction: Christmas seems like a season of automatic joy and celebration. But what should we do when hardship and pain seem to be overwhelming and inescapable? We can be tempted to 1 of 2 bad responses: despair, or denial.

Scripture commends a different response. *Lament* is to express grief, sorrow, regret, or disappointment. It is a God-centered way of expressing emotions and working through them to the solid ground of confident trust and hope in God.

Biblical lament is a journey of 4 parts:

1. Turn

We must be honest with God. The psalmist is an example of raw honesty. The psalmist is grappling with the Lord's seeming absence. Has he been abandoned? Does the Lord even care?

2. Complain

The world is full of predatory people who create great injustices by their wicked ways.

When we suffer, we must go to the Lord. In lament, we tell God our reasons for our pain and confusion.

3. Ask

Boldly ask God to act, according to his character and promises. The Lord's word is eternal and true, regardless of appearances.

4. Trust

Reaffirm who you know God to be and choose to trust him.

Trust is living according to what God says is true in his word, even if our circumstances are sorrowful.

The wicked will never escape justice, and God's people will be delivered. Christmas reminds us that our God is not far off and is at work to save.

Questions:

1. What sorrows are you facing?
2. How are you responding?
3. What is the Lord doing through your suffering?