**SERMON Lamentations 2:1, 3:19-24   
Learning to Lament** 8-9-2020

*Lament is a prayer in pain that leads to trust. [[1]](#footnote-1)*

*Handout - How to Pray the Psalms (David Powlison, CCEF, on RGC Website under Special Sermons)*

Specifically – 4 steps[[2]](#footnote-2):

1. We **turn** to God in bluntly crying out our pain in prayer.
2. We bring our **complaint**; we tell him what happened and how it makes us feel.
3. We **ask** and appeal making make our request known, and then
4. We choose to express our **trust** and faith in Him.

Lament is a way we learn to navigate between

the heartbreak and the hope,

the pain and the promises,

the grief and God's goodness,

under dark clouds yet with the truth of His deep mercy.

**1. We turn to God bluntly crying out our pain in prayer.**

Ps 77:1-2

1 I cry aloud to God,  
    aloud to God, and he will hear me.  
2a In the day of my trouble I seek the Lord;  
    in the night my hand is stretched out without wearying;

2b my soul refuses to be comforted.  
**3**When I remember God, I moan;  
    when I meditate, my spirit faints. *Selah*

**4**You hold my eyelids open;  
    I am so troubled that I cannot speak.

6 questions v7-9:

1. “Will the Lord spurn forever?”
2. “Will [He] never again be favorable?”
3. “Has his steadfast love forever ceased?”
4. “Are his promises at an end for all time?”
5. “Has God forgotten to be gracious?”
6. “Has he in anger shut up his compassion?””

**2. We bring our complaint; we tell him what happened and how it makes us feel.**

Express your complaints:

Psalm 22:1

22 My God, my God, why have you forsaken me?

Why are you so far from saving me, from the words of my groaning?

Psalm 44:23-24

23 Awake! Why are you sleeping, O Lord?

Rouse yourself! Do not reject us forever!

24 Why do you hide your face?

Why do you forget our affliction and oppression?

Psalm 80:12

12 Why then have you broken down its walls,

so that all who pass along the way pluck its fruit?

Psalm 88:14

14 O Lord, why do you cast my soul away?

Why do you hide your face from me?

Psalm 13:1-2

13 How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

2 How long must I take counsel in my soul

and have sorrow in my heart all the day?

How long shall my enemy be exalted over me?

Psalm 94:3

3 O Lord, how long shall the wicked,

how long shall the wicked exult?

Psalm 137:4

4 How shall we sing the Lord's song

in a foreign land?

Express your frustrations:

Ps 10

v2 In arrogance the wicked hotly pursue the poor;

v3a For the wicked boasts of the desires of his soul

v 3b the one greedy for gain curses and renounces the Lord

v4  all his thoughts are, “There is no God.”

v5 His ways prosper at all times;  
    your judgments are on high, out of his sight;

v11 He says in his heart, “God has forgotten,  
    he has hidden his face, he will never see it.”

**3. We ask and appeal making make our request known.**

1. “Arise O LORD! Ps 3,7,9,10,17,74,94
2. “Grant us help.” Ps 60:11-12
3. “Remember your covenant.” Ps 25:6
4. “Let justice be done.” Ps 83:16-18
5. “Don’t remember our sins.” Ps 51:1, Ps 79:8-9
6. “Restore us!” Ps 80:3
7. “Don’t be silent- listen to me!” Ps 28:1-2, Ps 86:6
8. “Teach me.” Ps 143:10, Ps 90:12, Ps 86:11
9. “Vindicate me.” Ps 35:23-24

**4. We choose to express our trust and faith in Him.**

Ps 13:5-6

5 **But** *I have trusted in your steadfast love*;  
*my heart shall rejoice in your salvation*.  
**6**I will sing to the Lord,  
    because he has dealt bountifully with me.

Ps 31:12,14

12  have been forgotten like one who is dead;  
    I have become like a broken vessel.

14 **But** I trust in you, O Lord;  
    I say, “You are my God.”

Ps 71:10-11,14

10For my enemies speak concerning me;  
    those who watch for my life consult together  
11and say, “God has forsaken him;  
    pursue and seize him,  
    for there is none to deliver him.”

14**But** I will hope continually  
    and will praise you yet more and more.

Ps 86:14-15

14O God, insolent men have risen up against me;  
    a band of ruthless men seeks my life,  
    and they do not set you before them.  
15 **But** you, O Lord, are a God merciful and gracious,  
    slow to anger and abounding in steadfast love and faithfulness.

Job 42:2, 5

2“I know that you can do all things,  
    and that no purpose of yours can be thwarted.  
5I had heard of you by the hearing of the ear,  
    **but** now my eye sees you;

Ps 28:7

7 The Lord**is** my strength and my shield;  
    in him my heart trusts, and I am helped;  
my heart exults,  
    and with my song I give thanks to him.

Ps 56:3-4

3 When I am afraid,  
    **I put** my trust in you.  
4In God, whose word I praise,  
    in God **I trust**; I shall not be afraid.

1. Mark Vroegop, *Dark Clouds, Deep Mercy*, Crossway, 2019 [↑](#footnote-ref-1)
2. ibid Vroegop [↑](#footnote-ref-2)