## Good Grief: Learning The Lost Art of Lament

Learning to Lament Part 2: Psalm 142:1-2 May 19, 2024

Bring Your	Bring Your
❖ A lament complaint is an honest and	A lament complaint is an honest and
conversation with God.	conversation with God.
Complaint Examples from the Lament Psalms	Complaint Examples from the Lament Psalms
Why?	Why?
Psalm 42:9	<u>Psalm 42:9</u>
■ God, I know you are my Rock, but right now I am doubting	<ul><li>God, I know you are my Rock, but right now I am doubting</li></ul>
your in my life.	your in my life.
Psalm 88:13-14	Psalm 88:13-14
<ul> <li>God, I pray about this burden everyday but sometimes it feels</li> </ul>	<ul> <li>God, I pray about this burden everyday but sometimes it feels</li> </ul>
like you are or disinterested.	like you are or disinterested.
How?	How?
Psalm 6:3	Psalm 6:3
<ul> <li>God, this burden is heavy and overwhelming, when will this</li> </ul>	<ul> <li>God, this burden is heavy and overwhelming, when will this</li> </ul>
ease up?	ease up?
<u>Psalm 74:10</u>	<u>Psalm 74:10</u>
<ul> <li>God, some of the things in my life right make it look like the</li> </ul>	<ul> <li>God, some of the things in my life right make it look like the</li> </ul>
is winning.	is winning.
How To Complain The Right Way	How To Complain The Right Way
> Come	> Come
Pray the	Pray the
▶ Be	▶ Be
> Don't Complain	> Don't Complain

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Sermon Discussion Guide	Sermon Discussion Guide
<u>Getting Started</u>	<u>Getting Started</u>
Before hearing the message, what was your perspective	Before hearing the message, what was your perspective
on complaining to God?	on complaining to God?
Why is complaint a central part of lament?	Why is complaint a central part of lament?
Sermon Discussion	Sermon Discussion
Read the following complaints and discuss the	Read the following complaints and discuss the
complaint expressed by the Psalmist.	complaint expressed by the Psalmist.
Psalm 13:1	Psalm 13:1
Psalm 43:2	Psalm 43:2
Psalm 44:23-24	Psalm 44:23-24
Psalm 142:4	Psalm 142:4
When is complaint sinful and wrong?	When is complaint sinful and wrong?
What are some reasons Christians are reluctant to voice	What are some reasons Christians are reluctant to voice
their complaints to God in prayer?	their complaints to God in prayer?
How is complaining the right way spiritually helpful?	How is complaining the right way spiritually helpful?
Helpful Resource	Helpful Resource

Dark Clouds, Deep Mercy: Discovering the Grace of Lament

Mark Vroegop

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