

## Good Grief: Learning The Lost Art of Lament

Learning to Lament Part 2: Psalm 142:1-2

May 19, 2024

### ② Bring Your \_\_\_\_\_

- ❖ A lament complaint is an honest and \_\_\_\_\_ conversation with God.

#### Complaint Examples from the Lament Psalms

*Why?*

##### Psalm 42:9

- God, I know you are my Rock, but right now I am doubting your \_\_\_\_\_ in my life.

##### Psalm 88:13-14

- God, I pray about this burden everyday but sometimes it feels like you are \_\_\_\_\_ or disinterested.

*How?*

##### Psalm 6:3

- God, this burden is heavy and overwhelming, when will this \_\_\_\_\_ ease up?

##### Psalm 74:10

- God, some of the things in my life right make it look like the \_\_\_\_\_ is winning.

#### How To Complain The Right Way

- Come \_\_\_\_\_
- Pray the \_\_\_\_\_
- Be \_\_\_\_\_
- Don't \_\_\_\_\_ Complain

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## Sermon Discussion Guide

### Getting Started

*Before hearing the message, what was your perspective on complaining to God?*

*Why is complaint a central part of lament?*

### Sermon Discussion

**Read the following complaints and discuss the complaint expressed by the Psalmist.**

Psalm 13:1

Psalm 43:2

Psalm 44:23-24

Psalm 142:4

*When is complaint sinful and wrong?*

*What are some reasons Christians are reluctant to voice their complaints to God in prayer?*

*How is complaining the right way spiritually helpful?*

### **Helpful Resource**

*Dark Clouds, Deep Mercy: Discovering the Grace of Lament*  
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