



Lament: Praying in Tough Times

- “to cry is human” - first thing we do when we come into the world
 - “but to lament is Christian”
 - lament is the language of the Psalmist
 - “lament turns us toward God when sorrow tempts us to run from Him”
 - lament is about what we do with our pain, hurt, frustration, not knowing
 - talking to God about our pain / taking our pain to God
 - four important elements of lament - Psalm 13
1. **Turn to God** - choose to talk about it with God
 - a. **Psalm 13:1** “How long, Lord? Will you forget me forever? How long will you hide your face from me?”
 2. **Bring Your Complaint** - not a sinful rehearsing of your anger/frustration
 - a. but humbly and honestly identifying your pain/questions
 - b. **Psalm 13:2** “How long must I wrestle with my thoughts, and day after day have sorrow in my heart? How long will my enemy triumph over me?”
 3. **Boldly Ask for Help** - seeking God’s help whilst in pain is an act of faith
 - a. unremitting sorrow can create a deadly silence and lead to despair or denial
 - b. **Psalm 13:3-4** “Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, and my enemy will say, “I have overcome him,” and my foes will rejoice when I fall.”
 - c. Lament invites us to dare to hope in God’s promises again
 4. **Choose to Trust** - the ultimate destination of lament

- a. **Psalm 13:5-6 “But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord’s praise, for he has been good to me.”**
 - b. moves us to renew our commitment to trust God even as we navigate the brokenness of life
- Lament is our prayer language as we live in a world marred by sin
 - “to cry is human - to lament is Christian”
 - Lament is the language for living between the poles of a hard life and trusting in God’s sovereignty