

Based on material in *Dark Clouds Deep Mercy: Discovering the Grace of Lament* by Mark Vroegop

**Lament is a prayer in pain that leads to trust. ~Mark Vroegop**

➤ **We don't like complaints or complainers.**

*If you read the Psalms of lament, you'll discover a lot of creative complaining ... expressions of sorrow, fear, frustration, and even confusion. In other words the Bible is full of complaints. And apparently they aren't sinful. In fact, they were set to music as an entire congregation sang their frustration. ~Mark Vroegop*

➤ **God will always do what is right and best.**

*God will only give you what you would have asked for if you knew everything he knows. ~Timothy Keller*

### COMPLAIN TO GOD

➤ **We cannot lament without godly complaints.**

**1. Ask Him your \_\_\_\_\_.** 10:1

• Psalm 77:7-9

**Why?**

• Psalm 22:1, Psalm 44:23-24, Psalm 88:14

**How long?**

• Psalm 13:1-2, Psalm 37:17, Psalm 74:10, Psalm 94:3, Habakkuk 1:2-3a

**2. Tell Him your \_\_\_\_\_.** 10:2-13

*Michael Jenkins, in his book *In the House of the Lord*, reminds us that God can handle our struggles: "The psalms of lament open us to the greatness of a God who not only can hear, but also can handle our pain, our self-pity, our blame, and our fear, who can respond to our anger, our disillusionment in the midst of oppression and persecution, under the boot of tyranny and our sense of God-forsakenness in the face of life's most profound alienations and exiles." These psalms give us permission – even encouragement – to lay out our struggles, even if they are with God himself. ~Mark Vroegop*

*God is the friend of the honest doubter who dares to talk to God rather than about him. Prayer that includes an element of questioning God may be a means of increasing one's faith. Expressing doubts and crying out about unfair situations in the universe show one's trust in God and one's confidence that God should and does have an answer to humanity's insoluble problems. ~Kenneth Baker*

➤ **God can handle your questions and complaints, even when they are about Him.**

**3. Remember to do it the \_\_\_\_\_ way.**

**In humility.**

*Before you start complaining, be sure you've checked your arrogance at the door. Come with your pain, not your pride. ~Mark Vroegop*

**With honesty.**

*God, I know you are not \_\_\_\_\_ but it feels like you are today. ~Mark Vroegop*

**Use Scripture.**

**Do more than complain.**

**How are you going to apply what you learned**

**about \_\_\_\_\_?**