

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

Part of the grace of lament is the way it invites us to pray boldly even when we are bruised badly. ~Mark Vroegop

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

CHOOSE TO TRUST GOD

Lament helps us to practice active patience. Trust looks like talking to God, sharing our complaints, seeking God's help, and then recommitting ourselves to believe in who God is and what he has done – even as the trial continues. Lament is how we endure. It is how we trust. It is how we wait. ~Mark Vroegop

1. Choosing to trust God means I will

_____ to trust. 13:5a

• Psalm 31:12-14, Psalm 3:3-4, Psalm 71:14, Galatians 2:20

➤ *God is trustworthy with our eternity. So He is trustworthy in every situation.*

2. Choosing to trust God means I will

_____ 13:5b

➤ *Lament should lead to trust, and trust to rejoicing.*

3. Choosing to trust God means I will

_____ God. 13:6

• Psalm 28:7, Psalm 56:8-11, Job 42:1-5 ESV, John 3:16

➤ *Even when we are lamenting, we can praise God, simply for Who He is.*

4. Choosing to trust God means I

_____ my trust. 13:6

Lord, I'm trusting you to keep me trusting. ~Mark Vroegop

[L]amenting trust is not merely a belief or conviction; it is trusting despite what circumstances might lead one to believe. ... [It] is believing what you know to be true even though the facts of suffering might call that belief into question. ~Mark Vroegop

Where, and about what, are we going to

_____ to start trusting God? Learning to
L A M E N T