

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

**Lament invites us to ask boldly. We are given permission to lay out our pain and to call on God to intervene. This third step in lament moves us from why to who. ~Mark Vroegop**

**➤ Is there anything we have stopped asking God to do in our life?**

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

## ASK GOD BOLDLY

**[P]ain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world. ... [P]ain shatters the illusion that all is well ... that what we have, ... is our own and enough for us. ~C.S. Lewis in the Problem of Pain**

**We are never more aware of our frailty than when hardship comes our way. ~Mark Vroegop**

**1. Ask based on God's \_\_\_\_\_ . 22:3-5**

**➤ Where does God and Who He is, need to eclipse what we are going through?**

**2. Ask based on your \_\_\_\_\_ . 22:11-21**

**For protection**

**For relief from pain and suffering**

## Do it boldly

**[Psalmists are] bold in their requests. They call upon God with such authority that it seems as if they're commanding God to act. ~Mark Vroegop**

**To act - Psalm 10:12**

**For help - Psalm 60:11-12**

**To remember - Psalm 25:6**

**To punish - Psalm 83:16-18**

**Not to remember - Psalm 79:8-9**

**To restore - Psalm 80:3**

**To listen - Psalm 86:6**

**Not to be silent - Psalm 28:1-2**

**To teach - Psalm 86:11**

**➤ We should not waste our trials, our suffering, or our grief. We should ask God to use them to teach us.**

**To vindicate us - Psalm 35:23-24 ESV**

**3. Ask knowing God \_\_\_\_\_ .**

**• Isaiah 53:3-5, Hebrews 4:15-16**

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

**Where are we going to begin \_\_\_\_\_ asking God?**