

Lament: Finding Mercy in the Dark Clouds of Pain

Resource: Vroegop, Mark. *Dark Clouds, Deep Mercy*. Crossway, 2019.

1. Definition of Lament

- a. What is lament?
- b. What is **not** lament?
- c. Why lament?
- d. How do we lament?
- e. When do we lament?

2. Elements of Lament

- a. **Turn** to God in Prayer (Psalm 77)
- b. Bring Your **Complaints** to Him (Psalm 10)
- c. **Ask** Boldly (Psalm 22)
- d. Choose to **Trust** (Psalm 13)

3. The Gospel in Lament (Book of Lamentations)

- a. A Broken Bride
- b. A Just and Holy God
- c. Our Personal Response

Examples of Lament	Make it personal
<p><u>Turn to God</u></p> <ul style="list-style-type: none"> • Psalm 77:1-9 – I cry out to God for help; I cry out to God to hear me. When I was in distress, I sought the Lord; at night I stretched out my hands and refused to be comforted... <ul style="list-style-type: none"> ○ Will the Lord reject us forever? ○ Will he never show his favor again? ○ Has his unfailing love vanished forever? ○ Has his promise failed for all time? ○ Has he forgotten to be merciful? ○ Has he withheld his compassion? 	
<p><u>Present Your Complaint</u></p> <ul style="list-style-type: none"> • Psalm 10:1 – Why, LORD, do you stand far off? Why do you hide yourself in times of trouble? • Psalm 13:1-2 – How long O LORD? You have forgotten me, your face is hidden from me, my enemy is triumphing over me • Psalm 22:1-2 – My God, my God, why have you forsaken me? Why are you so far from saving me? So far from my cries of anguish? I cry out but you do not answer; I find no rest 	
<p><u>Ask Boldly</u></p> <ul style="list-style-type: none"> • Psalm 22:3 – Yet you are the Holy One of Israel... • Psalm 22:9 – Yet...you are my God • Psalm 22:19-21 – Do not be far from me, come quickly to help me, deliver me, rescue me, save me • Psalm 10:12 – Arise O LORD! Lift up your hand and do not forget the helpless • Answer me and deliver me! (Ps. 13:3-4) • Remember your covenant/mercy/love (Ps. 25:6) • Grant justice (Ps. 7:6, 103:6), Vindicate me (Ps 35:23-24) • Forgive me (Ps. 51:1), Restore me (Ps. 80:3) • Psalm 69:13-18 – answer, rescue, deliver, give mercy, answer quickly, come near • Psalm 83:13 – make them like tumbleweeds, like chaff in the wind 	
<p><u>Choose to Trust</u></p> <ul style="list-style-type: none"> • Psalm 3:5 – I lie down and sleep; I wake again, because the LORD sustains me. • Psalm 13:5-6 – But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord, for he has been good to me. • Psalm 22:22,24 – I will declare your name and praise you, for you have not despised suffering and you listened to my cry for help 	