



## Sermon Notes

# Lamenting, Crying out to God

Scripture: Selected

Just as we have been taught to worship and praise God in our prayers, we must also be taught and learn how to lament in our prayers.

What does the word lament mean?

Lament is to express deep regret, grief, or sorrow. We can lament through words or actions. Lamenting is very common in the Bible. It is used to tell God exactly how we feel.

Complaining about God is rebellion. Complaining to God is an act of worship. What is the difference between complaining to God and grumbling against Him?

Give all your worries and cares to God, for he cares about you. I Peter 5:7

To lament is an act of faith. The person to whom you complain is the person you trust.

There is a time to cry and a time to laugh. Ecclesiastes 3:4a.

There is a time to be silent and a time to speak. Ecclesiastes 3:7b

Be happy with those who are happy and be sad with those who are sad.  
Romans 12:15

## To Lament:

- is to be honest and tell God what we think is **unjust** and **painful**.

*“Why do you make me look at injustice? Why do you tolerate wrongdoing? Destruction and violence are before me; there is strife, and conflict abounds. Therefore, the law is paralyzed, and justice never prevails. The wicked hem in the righteous, so that justice is perverted.” Habakkuk 1:3-4*

*Evening and morning and at noon I utter my complaint and moan, and he hears my voice. Psalm 55:17*

- is **communicating** to a just God about an unjust world.

*So, we fix our eyes not on what is seen, but **on** what is unseen, since **what** is **seen** is temporary, but what is unseen is eternal. 2 Corinthians 4:18*

- is to remind God of His **promises**.

*Remember your promise to me, your servant; it gives me hope. When I suffer, this comforts me; Your promise gives me life. Psalm 119:50*

- is through all the bad, we still **trust** Him.

*God might kill me, but I have no other hope. I am going to argue my case with him.*

*Job 13:15*

*Even if the fig tree does not bloom and the vines have no grapes, even if the olive tree fails to produce and the fields yield no food, even if the sheep pen is empty and the stalls have no cattle, even then, I will be happy with the LORD. I will truly find joy in God, who saves me. Habakkuk 3:17-19*