

Untangling the Heart: Lament | Psalm 77:1-4

I cry aloud to God, aloud to God, and he will hear me. In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. When I remember God, I moan; when I meditate, my spirit faints. Selah. You hold my eyelids open; I am so troubled that I cannot speak.

What Does Lament Communicate?

1. Lament communicates a diverse set of emotions
 - "Lament is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God's goodness." (Mark Vroegop)
2. Lament points us to God's grace

What Does Godly and Ungodly Lament Look Like?

1. Processing v. Suppressing
 - "Lament is how you live between the poles of a hard life and trusting God's goodness." (Mark Vroegop)
2. Godly complaint v. Ungodly complaint
3. Community v. Silence
4. Worship

How Should We Lament?

1. Relate
2. Reason
3. Refocus
4. Repent
 - "Let me hear joy and gladness; let the bones that you have broken rejoice. Hide your face from my sins, and blot out all my iniquities." (Psalm 51:8-9)
5. Remember

Benediction | Revelation 21:3-5

And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." And he who was seated on the throne said, "Behold, I am making all things new."