

Series: Learning to Lament **Title:** Take Your Questions to God

Text: Psalm 10; 22 Date: March 30, 2025

Lesson: 2

Definition

An expression of deep regret, anger or grief, with the intent of drawing close to God in times of pain.

Biblical laments follow a similar pattern:

- 1. Prayer
- 2. Complaint
- 3. Request
- 4. Hope (Trust / Praise)

2. Complaint			
Philippians 2:14 Do all things without g disputing;	rumbling or		
What is the difference between complaining and lament?			
Complaints are	agains		
God that malign His character.			

- Complaining is				
- Complaining keeps us in and bitterness				
Laments are expressions of				
grounded in who God is and what He has done.				
- Lament sees as	the answer			
- lament is the pathway to greater				
	_ with God			
- Lament is a form of	•			
What does lament look like?				
1. Take our	to God			
Psalm 10 Why do You stand afar off, O Lore	d?			
"Lord"- [Yahweh]				
10a 'Why do You hide Yourself in times of t	rouble?			

"Why" questions:

Psalm 22:1 My God, my God, **WHY** have You forsaken me? Far from my deliverance are the words of my groaning.

Psalm 44:23–24 Arouse Yourself, **WHY** do You sleep, O Lord? Awake, do not reject us forever. 24 **WHY** do You hide Your face And forget our affliction and our oppression?

Psalm 80:12 **WHY** have You broken down its hedges, So that all who pass that way pick its fruit?

Psalm 88:14 O Lord, **WHY** do You reject my soul? **WHY** do You hide Your face from me?

"How" questions:

Psalm 13:1–2 **HOW** long, O Lord? Will You forget me forever? **HOW** long will You hide Your face from me? 2 **HOW** long shall I take counsel in my soul, Having sorrow in my heart all the day? **HOW** long will my enemy be exalted over me?

Psalm 35:17 Lord, **HOW** long will You look on? Rescue my soul from their ravages, My only life from the lions.

Psalm 74:10 **HOW** long, O God, will the adversary revile, And the enemy spurn Your name forever?

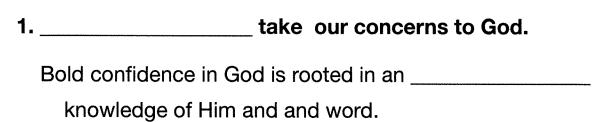
Psalm 137:4 **HOW** can we sing the Lord's song In a foreign land?

The most repeated "how" questions is

	?"
2. Take our	to God
caught in the plots who boasts of his heart's of spurns the Lord. 4 The countenance, does not is no God." 5 His way are on high, out of his snorts at them. 6 He states.	hotly pursue the afflicted; Let them be nich they have devised. 3 For the wicked desire, And the greedy man curses and e wicked, in the haughtiness of his ot seek Him. All his thoughts are, "There is prosper at all times; Your judgments is sight; As for all his adversaries, he says to himself, "I will not be moved; ations I will not be in adversity."

3. Request

"



Psalm 22:1 My God, my God, why have You forsaken me? Far from my deliverance are the words of my groaning. 2 O my God, I cry by day, but You do not answer; And by night, but I have no rest.

3 Yet You are holy, O You who are enthroned upon the praises of Israel. 4 In You our fathers trusted; They trusted and You delivered them. 5 To You they cried out and were delivered; In You they trusted and were not disappointed.

"yet"

9 Yet You are He who brought me forth from the womb; You made me trust when upon my mother's breasts. 10 Upon You I was cast from birth; You have been my God from my mother's womb.

11 Be not far from me, for trouble is near; For there is none to help.

19 But You, O Lord, be not far off; O You my help, hasten to my assistance. 20 Deliver my soul from the sword, My only life from the power of the dog. 21 Save me from the lion's mouth; From the horns of the wild oxen You answer me.

What should we pray for?

1. For God to _____

Psalm 10:12 Arise, O Lord; O God, lift up Your hand. Do not forget the afflicted.

2.	To Grant us
	Psalm 60:11 O give us help against the adversary, For deliverance by man is in vain. 12 Through God we shall do valiantly, And it is He who will tread down our adversaries.
3.	To remember His
	Psalm 25:6 Remember, O Lord, Your compassion and Your lovingkindnesses, For they have been from of old.
4.	To let be done.
	Psalm 83:16–18 Fill their faces with dishonor, That they may seek Your name, O Lord. 17 Let them be ashamed and dismayed forever, And let them be humiliated and perish, 18 That they may know that You alone, whose name is the Lord, Are the Most High over all the earth.
5.	To us
	Psalm 80:3 O God, restore us And cause Your face to shine upon us, and we will be saved.
6.	To ask Him not to be silent but
	Psalm 28:1–2 To You, O Lord, I call; My rock, do not be deaf to me, For if You are silent to me, I will become like those who go down to the pit. 2 Hear the voice of my supplications when I cry to You for help, When I lift up my hands toward Your holy sanctuary.

7.	7. To	us
	Psalm 143:10 Teach me to do Your w God; Let Your good Spirit lead me or	

8. To _____ us

Psalm 35:23–24 Stir up Yourself, and awake to my right And to my cause, my God and my Lord. 24 Judge me, O Lord my God, according to Your righteousness, And do not let them rejoice over me.

Discussion Guide

- 1. What are the differences between complaining and lament?
- 2. Why are Christians so reluctant to voice their concerns to God in prayer?
- 3. Is it surpassing how candid and blunt the psalmist's questions concerning God are? If so, why?
- 4. What does the repeated question "How long" teach us about suffering?
- 5. How should the confidence in the prayers of the psalmists affect our prayer lives?



ANSWERS: lament, accusations, self-centered, despair, faith, God, intimacy, praise, questions, How long, frustrations, boldly, intimate, act, help, promises, justice, restore, listen, teach, vindicate