



Series: Learning to Lament
Title: Take Your Questions to God
Lesson: 2

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

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 grumbling or disputing;

What is the difference between complaining and lament?

Complaints are _____ against 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 Lord?

“Lord”- [Yahweh]

10a ‘Why do You hide Yourself in times of trouble?’

“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

2 In pride the wicked hotly pursue the afflicted; Let them be caught in the plots which they have devised. 3 For the wicked boasts of his heart's desire, And the greedy man curses and spurns the Lord. 4 The wicked, in the haughtiness of his countenance, does not seek Him. All his thoughts are, “There is no God.” 5 His ways prosper at all times; Your judgments are on high, out of his sight; As for all his adversaries, he snorts at them. 6 He says to himself, “I will not be moved; Throughout all generations I will not be in adversity.”

3. Request

1. _____ take our concerns to God.

Bold confidence in God is rooted in an _____ knowledge of Him and and word.

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. To _____ us

Psalm 143:10 Teach me to do Your will, For You are my God; Let Your good Spirit lead me on level ground.

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 surprising 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