

3 Psalm Reading "Crazy is that God allows all these [railings against God] in His Bible,"
Judah

Bono ... Peter Scazzero on "emotionally healthy spirituality."

»»» We must recover/practice Lament!

① What Lament is

1. Lament about God's perceived absence, forgetfulness, even purposeful abandonment

"How long, O LORD? Will you forget me forever? How long will you hide your face from me? vs. 1

2. Lament about the agony of your ♥, suffering/struggle of soul, your despair

"How long must I take counsel in my soul, and have sorrow in my heart all the day?" vs. 2

3. Lament about your enemies "haters"

"How long shall my enemy be exalted over me?" vs. 2
Derek Kidner

Lament? Pouring out your ♥ to God;
Processing your troubles w. God; Questioning
railing against, even accusing Θ; Asking Θ
for help, action "Consider and answer me,
O LORD my God; light up my eyes, lest I
sleep the sleep of death, lest my enemy say,
'I have prevailed over him,' lest my foes rejoice
because I am shaken."

☑ Not professional counseling, prayer to Θ

☑ Not stuffing ♥, emotions, processing

Peter Scazzero

Why don't we do it? Pray laments?

② Why laments are so hard... **3** REASONS

1 BAD DICHOTOMY between what we
evaluate as "spiritual" and not

☑ Spiritual = Psalm 8 Wonder + Awe at Gods
glory + grace, care and mindfulness

☑ Unspiritual = Psalm 13... "How long" 4x

But both by King David "Man after God's heart"
and to choirmaster for public worship!

2 BAD THEOLOGY because lament is based in God's covenant love

"But I have trusted in your steadfast love; my heart shall rejoice in your salvation"

☑ covenant = Sovereign God's bond of blood, unbreakable + irrevocable

☑ "Future Grace" Piper

☑ Proven once + for all in Jesus Romans 8:3

3 BAD SELF-PITY it is so easy to sink into self pity in experience of God's abandonment, in inner sadness + turmoil of your soul + attack of your enemy Right?

→ CALL YOU TO LAMENT THIS WEEK

☑ Make decision! "but"

☑ Cry out to the LORD your God "O LORD, My God"

☑ Cast yourself on LORD'S steadfast love... Kids

☑ Pour out your ♥ to Him Brad... Mark

☑ Wait in anticipation for Future Grace
"My heart shall rejoice in your salvation"

☑ Sing in Faith that God will deal
"bountifully w. you"