

HOME	00:00	GUEST
00	00:00	02
TOL	QTR 4	TOL
BALL ON	DOWN	TO GO
46	4	8

HOW TO LOSE

“DARK CLOUDS; DEEP MERCY”
MARK VROEGOP



**HOW TO
LOSE**

LAMENT BASICS:

- **TURN**
- **COMPLAIN**
- **ASK**
- **TRUST**

**HOW TO
LOSE**

I CAN TURN TO GOD BECAUSE...

- GOD CARES.
- GOD IS BIG ENOUGH. - All powerful
- GOD INVITES ME. - Cast all your cares...
- GOD ALWAYS LISTENS
- GOD IS TRUSTWORTHY. - faithful, just, righteous
- GOD HEALS/SAVES
- JESUS UNDERSTANDS - why forsake me?
Tempted to all ways
- GOD IS THE ONLY ONE - where else would I go?

HOW TO
LOSE

ARE WE ALLOWED TO COMPLAIN TO GOD?

WHY WOULD WE COMPLAIN?

HOW DO WE COMPLAIN TO GOD?

**HOW TO
LOSE**

WHY WOULD WE COMPLAIN?

LAMENTATIONS 2:10-12

**HOW TO
LOSE**

GENESIS 1:1-3

**... DARKNESS WAS OVER THE FACE OF
THE DEEP. ... AND GOD SAID. ...**

**HOW TO
LOSE**

**CAPTURING THE COMPLAINT IN WORDS
GIVES US POWER OVER OUR LOSS.**

**HOW TO
LOSE**

**HOW DO WE COMPLAIN?
LAMENTATIONS 2:13-16**

**HOW TO
LOSE**

**HELPING SOMEONE:
DO NOT GIVE FALSE HOPE.**

**HOW TO
LOSE**

**HELPING SOMEONE:
DO NOT AVOID.**

**HOW TO
LOSE**

**HELPING SOMEONE:
DO NOT ACCUSE.**

**HOW TO
LOSE**

**HOW DO WE COMPLAIN?
LAMENTATIONS 2:18-21**

**HOW TO
LOSE**

BE REAL AND HUMBLE.

**HOW TO
LOSE**

SPEAK SCRIPTURE.

**HOW TO
LOSE**

BE VULNERABLE.

**HOW TO
LOSE**

BE PRESENT.

GIVE ALL OF YOURSELF TO GOD.

**HOW TO
LOSE**

WRITE IT & SPEAK IT

**HOW TO
LOSE**

ACTION:

- LEARN FROM LAMENT-DAILY BIBLE

**HOW TO
LOSE**

ACTION:

- LEARN FROM LAMENT-DAILY BIBLE**
- GOD, I KNOW YOU ARE NOT _____
BUT IT FEELS LIKE YOU ARE TODAY.**

**HOW TO
LOSE**

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HOW TO LOSE