



How to Lament Well: Psalm 13 **AKA Dealing with Disappointment with God.**

Why do bad things happen to good people? (not exhaustive)

1. Bad stuff happens at times because it is a broken world and people's sin impacts us.
2. The consequences of our own sin and selfishness.
3. Often it's the only way for God to get our attention and grow us.
4. God promises to turn good out of the bad (for believers).
5. Sometimes we'll never know, just ask Job. But we still trust a good God.

Psalm 13

V.1a David feels **deserted**. 1b: **deprived**. V. 2a **Depressed** V. 2b Defeated = **Disappointed**

1. V.1a: **Walk: Go to God**- We choose to talk to God about our disappointments with God. A lament is *a divinely-given invitation to pour out our fears, frustrations, and sorrows* but it starts with moving vertically to God.

2. V.1b-2 **Talk: Communicate Candidly**- Honest openness in our pain.

3. V.3-4 **Knock: Confident Request**- Ask, seek, knock (Mt.7:7), even when can't imagine how God could move in our dilemma and turn things to "good" as Rom. 8:28 says. 3 options with disappointment: we can move to **despair** believing there's no hope or **denial**, falsely believing that everything is okay. But lament moves us off our doubt to faith and hope in God's promises when we ask for His help. How?

A. V.5 **Resolve to rely**- I am going to trust God without all the answers. How?

Remembering. V.5: I remember your love, deliverance. When I remember what I know about Him: His love, and faithfulness, I conclude that He's the promise keeping God that I can trust.

4. V. 6 **Rock: Pledge of Praise**- moving from worry to worship puts feet to faith, knowing He is the rock that you can trust, so I praise.