

# Psalm

POUR OUT YOUR HEART TO HIM

## Sermon Points

**Week 3 - 7.16.23 | Ryan Huggins**

**Title: Lament**

**Scripture: Psalm 77**

Main Point: Lament is the path through the dark night of the soul.

Four places on the path of lament:

- 1) Turn to God
- 2) Bring your Complaint (Just Judge)
- 3) Ask your questions (Good King)
- 4) Learn to Trust (Great Physician)

Key quotes:

“Days of trouble must be days of prayer, days of inward trouble especially, when God seems to have withdrawn from us; we must seek him and seek till we find him. Those that are under trouble of mind must not think to drink it away, or laugh it away, but must pray it away.” - Matthew Henry

“As a sick man turns away even from the most nourishing food, so did he. It is impossible to comfort those who refuse to be comforted. You may bring them to the waters of the promise, but who shall make them drink if they will not do so? Many a daughter of despondency has pushed aside the cup of gladness, and many a son of sorrow has hugged his chains.” - Charles Spurgeon

“I suppose a doctor would not long attend upon a patient who should insist upon choosing his own medicines, especially if he should object to every medicine that was either unpleasant to the taste or in it's operation, for there are few efficacious medicines that are otherwise. Dangerous diseases are seldom cured by cakes and candies.” - John Newton