

SCRIPTURE: Psalm 88 TITLE: "Cry to the LORD"

Intro: *Princess Bride*. "Life is Pain Highness. Anyone who says differently is selling something." *Bible isn't selling us anything. It's honest. How can this be in the Bible? Is this allowed? Doesn't end in hope! God put it here. For us. When we need it. Why? Sometimes your prayers won't feel answered. Sometimes they won't end in hope/praise. That's ok. READ.*

Thesis: "Cry to the LORD prayers of honesty."

I. In Your Darkness (Sadness. Pain. Sorrow. Suffering.)

- A. "Hello Darkness my Old Friend." Literally how this Psalm ends. Last Word. "Darkness"
- B. **Doesn't tell us exactly what He's going through.** Helps us be honest too. Not alone.
- C. **Paul.** "Please take it away! Begged the Lord." "My grace is sufficient for you." Weakness
- D. **Crying out to God.** Why God?! "Abba! Father!" **Spirit of God.**

ILLUSTRATION: Bob Ross Quote. Darkness helps us see the light. Faith. Hope.

APPLICATION: William Cowper. Powerful Honest Hymn writer. John Newton's friend.

II. In Your Desperation (Abandoned. Loneliness. Best Friends.)

- A. **Friends (v18).** Beloved? Spouse? Closest friend?
- B. **God has abandoned Him.** Soul cast out (v14). Hiding your face from me?!
- C. God not concerned with how theologically accurate our prayers are. He wants honest.
- D. Whether true about God or not, it's what He feels. That's real. (**SPURGEON QUOTE**).

ILLUSTRATION: Waves. Current. Tide. Rapids. Rolling. Gurgling. Can't breathe. Suffocating. Overwhelmed. Anxiety attack. Drowning.

APPLICATION: Psalm 88 is a necessary Psalm. Not the norm. 1/150. <1%. **But still true.**

Maybe not for you now. Maybe it's been. Maybe will be. Maybe not. Thanks. What you can know, is that there are many in church/world this Psalm is true. Right now. If you know them, pray specifically. If you don't, pray generally. They're out there. You are. We are. **Let's Pray.**

III. In Your Despair (Hopeless. Depression. Melancholy. Dying.)

- A. **Feels like God is against Him.** Afflicted. Angry with Him. Wrath. "What's the point?"
- B. **Close to death.** Sheol/Abaddon. Dying! Good as dead. No point. "Wish I wasn't alive."

ILLUSTRATION: Pilgrim's Progress. Doubt Castle. Giant Despair/Wife Diffidence. "No-Faith." Suicide. Better off dead. 3 options: Knife/Gun/Poison. **Friend "Hopeful". Key of Promise. Faith.**

APPLICATION: **Suicide.** Prevention/Awareness Month. Didn't even know. Epidemic.

CONCLUSION: Some hints of hope. Because we know the end of the story.

1) JESUS. This wasn't true for Hemoth. But it was felt. Was for Jesus. Jesus lived Psalm 88.

Jesus died in Psalm 88. Darkness. Abandon/Forsaken. Died/God's wrath. **SPURGEON PT.II.**

2) FAITH. 1. LORD. 2. Salvation. 3. Sovereign. 4. Pray (Honesty. Not theology. Felt experience.)

****The Bible isn't selling anything.** Salvation is free grace. Jesus is a gift. Heaven is free.**

3) HELL (& Heaven). For believers, this is the closest we'll ever get to Hell. **Woman w/ Terrible illness/suffering.** Chronic. "Nothing the Resurrection can't fix." **Wife/Husband:** "He's doing much better." "Oh no. He died last night and He's now with Jesus and healed."

ILLUSTRATION: Inside Out. Emotions Personified. Riley. Joy tried to cheer him up. "Hey! It's gonna be ok. We can fix this!" "Who's ticklish?!" "Silly face!" "Let's play a game!" "Let's have fun!" **Sadness:** "I'm sorry. They took something that you loved. It's gone. Forever." **Joy:**

"Sadness! Don't make him feel worse!" **Sadness:** "Yea. Those were great memories. It's sad."

***Crying*.** "Thanks. I'm ok now." **Joy:** "How did you do that?" **Sadness:** "He was sad, so I listened..."

Later in movie, Joy realized that all of Riley's core memories of joy, were there because sadness was there right before. Sounds like Bob Ross. **Or Jesus!!! John 16:20-22. v.10-11. WONDERS FOR THE DEAD? WILL THE DEPARTED PRAISE? YES! In Christ. Yes!**

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BOB ROSS: Ep.3.Seas23. Mountain Ridge Lake.

"Absolutely have to have dark in order to have light. Gotta have dark, gotta have opposites. Dark and light, light and dark continually in a painting. If you have light on light, you have nothing. If you have dark on dark, you basically have nothing. You know it's like in life. You've gotta have a little sadness once in a while. You know when the good times coming. I'm waiting on the good times now."Aw Bob! You're killing me!

SPURGEON:

"He felt as if he were as utterly forgotten as those whose carcasses are left to rot on the battle field. As when a soldier, mortally wounded, bleeds unheeded amid the heaps of slain, and remains to his last expiring groan unpitied and unsuccoured, so did Heman sigh out his soul in loneliest sorrow, feeling as if even God himself had quite forgotten him. How low the spirits of good and brave men will sometimes sink. Under the influence of certain disorders everything will wear a sombre aspect, and the heart will dive into the profoundest deeps of misery. It is all very well for those who are in robust health and full of spirits to blame those whose lives are sicklied over with the pale cast of melancholy, but the evil is as real as a gaping wound, and all the more hard to bear because it lies so much in the region of the soul that to the inexperienced it appears to be a mere matter of fancy and diseased imagination. Reader, never ridicule the nervous and hypochondriacal, their pain is real; though much of the evil lies in the imagination, it is not imaginary....The mind can descend far lower than the body, for it there are bottomless pits. The flesh can bear only a certain number of wounds and no more, but the soul can bleed in ten thousand ways, and die over and over again each hour. It is grievous to the good man to see the Lord whom he loves laying him in the sepulchre of despondency; piling nightshade upon him, putting out all his candles, and heaping over him solid masses of sorrow; evil from so good a hand seems evil indeed, and yet if faith could but be allowed to speak she would remind the depressed spirit that it is better to fall into the hand of the Lord than into the hands of man...Alas, when under deep depression the mind forgets all this, and is only conscious of its unutterable misery... It is an unspeakable consolation that our Lord Jesus knows this experience, right well, having, with the exception of the sin of it, felt it all and more than all in Gethsemane when he was exceeding sorrowful even unto death."

SUICIDE: If ever there was going to be a time to talk about this, this is it. Remove the stigma.

- **132/day.** WhiteMales are 70%. Veterans 22/day. 2nd lead cause: 10-34yr old after "accidents."
- *I can actually understand why for some, suicide would seem like the best/only option.*
- *Ultimate Escape. Seemingly. Pain. Anxiety. Overwhelmed. Lack of Control. Relief. Free.*
- *People who experience sadness, despair, joyless, consistent sorrow, depression, discouragement, natural pessimist, frustrated with self, weak, no progress/growth. Better?*
- *Feel like a burden, trouble-maker, Society & Relationships, harmer, hurter. Resources. Time. Inconvenience. Unwanted. Needed. Distraction. Better if I'm gone. Leave.*
- *Suicide is not the end. Heaven/Hell. Suicide is forgive-able. Justification by faith. All sins.*
- *Suicide is a sin. It's selfish. Self-absorbed. Self-centered. Victim. Hopeless. Lacking faith.*
- *Hurts people who do love you. You leave behind. Have to move toward forgiveness.*
- *Suicide is redeemable and forgive-able. Not an excuse. Not the answer.*
- *And suicidal thoughts and feelings are common and nothing to be ashamed. Even believers.*
- *You matter. You have value. You are loved. You are needed. You are important. **Imago Dei.***
- *Normalize Suicide and remove the shame of it, so people who are really suffering can feel safe enough to talk and share and say something.*
- **So if you've been there or you are there...not alone. Don't try to face it alone.**
- *Please. Tell somebody. Ask for help. Married > Spouse. Young > Parent. Adult > Friend. Me.*
- *Please. If somebody tells you. Don't correct them. Try to fix them. Teach them. Shame them. Listen. And then get help. We all need help. I can help you get started. But I need help too.*