

## Academy Lament Lesson 5 notes

### 1. How to lament

#### a. Prudent silence under Afflictions

“But the LORD is in his holy temple; let all the earth keep silence before him.” Habakkuk 2:20  
ESV

“I was silent; I would not open my mouth, for you are the one who has done this.” Psalm 39:9  
NIV

- i. We still feel our afflictions
- ii. We should not shut out prayer for deliverance
- iii. Recognize that afflictions can be meritorious of our sins
- iv. Holy silence doesn't exclude moderate mourning and weeping
- v. Doesn't exclude groaning under afflictions
- vi. Do not exclude use of lawful and just means to be delivered
- vii. Does not exclude sober and just complaints against the instruments of our afflictions

#### b. Address to God: Psalm 77

“I cry aloud to God,  
aloud to God, and he will hear me.

2 In the day of my trouble I seek the Lord;  
in the night my hand is stretched out without wearying;  
my soul refuses to be comforted.

3 When I remember God, I moan;  
when I meditate, my spirit faints. Selah (**praying your struggles**)

4 You hold my eyelids open;  
I am so troubled that I cannot speak.

5 I consider the days of old,  
the years long ago.

6 I said, “Let me remember my song in the night;  
let me meditate in my heart.”

Then my spirit made a diligent search:

7 “Will the Lord spurn forever,  
and never again be favorable?

8 Has his steadfast love forever ceased?  
Are his promises at an end for all time?

9 Has God forgotten to be gracious?  
Has he in anger shut up his compassion?” Selah” (Ps 77:1–9)

- Turn to God
- Pray your struggles
- Pray your questions
- Pray to be reminded of the truth
  - Who is God

- What is the gospel

## 1. Complaint: Psalm 10

[1] Why, O Lord, do you stand far away? Why do you hide yourself in times of trouble?

[2] In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised.

[3] For the wicked boasts of the desires of his soul, and the one greedy for gain curses and renounces the Lord.

[4] In the pride of his face the wicked does not seek him; all his thoughts are, "There is no God." [5] His ways prosper at all times; your judgments are on high, out of his sight; as for all his foes, he puffs at them.

[6] He says in his heart, "I shall not be moved; throughout all generations I shall not meet adversity."

[7] His mouth is filled with cursing and deceit and oppression; under his tongue are mischief and iniquity.

[8] He sits in ambush in the villages; in hiding places he murders the innocent. His eyes stealthily watch for the helpless;

[9] he lurks in ambush like a lion in his thicket; he lurks that he may seize the poor; he seizes the poor when he draws him into his net.

[10] The helpless are crushed, sink down, and fall by his might.

[11] He says in his heart, "God has forgotten, he has hidden his face, he will never see it."

[12] Arise, O Lord; O God, lift up your hand; forget not the afflicted.

[13] Why does the wicked renounce God and say in his heart, "You will not call to account"?

[14] But you do see, for you note mischief and vexation, that you may take it into your hands; to you the helpless commits himself; you have been the helper of the fatherless.

[15] Break the arm of the wicked and evildoer; call his wickedness to account till you find none.

[16] The Lord is king forever and ever; the nations perish from his land." (Psalm 10:1-16 ESV)

- a. Identify in blunt language the specific pain
- b. Bring questions
  - i. Why and how
  - ii. Questions heal
- c. Bring frustrations
  - i. This helps us from turning inward in selfishness
- d. Be honest with our complaints
- e. Complaining is not an end but a movement.