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Turn in your Bible to Psalm 22 [up on screen]...

*Psalm series // Teaches us to be authentic with God.*

God wants us to bring our whole self ... including our emotions.

We often come to him with everything but that.

We find it difficult to express joy ... even though we know praise and worship is anything but stoic.

The Psalms challenge us and teach us how to give those happier emotions of praise and thanksgiving to God.

**Another set of emotions we can struggle to bring to God is our sorrow, anguish, fears and doubts...**

**B/C we think they are sinful.**

One of the big lies Christians believe is that they can never be sad.

Any sorrow we feel comes with condemnation. Which makes us feel guilt and shame ... which makes us more sad.

But God wants you to express your sorrows as much as your joys.

He cares about your tears as much as your triumphs.

Today we are going to read a song by King David ...  
God loved David.  
He pulled him from the pasture and made Him King.  
He said that David was a man after His own heart.  
But for all God's blessing on David's life ...  
David still had bad days.

## **Psalm 22**

**My God, my God, why have you forsaken me?**

**Why are you so far from saving me, from the words of  
my groaning?**

**2 O my God, I cry by day, but you do not answer,  
and by night, but I find no rest.**

**3 Yet you are holy,  
enthroned on the praises of Israel.**

**4 In you our fathers trusted;  
they trusted, and you delivered them.**

**5 To you they cried and were rescued;  
in you they trusted and were not put to shame.**

**6 But I am a worm and not a man,  
scorned by mankind and despised by the people.**

**7 All who see me mock me;  
they make mouths at me; they wag their heads;**

**8 “He trusts in the Lord; let him deliver him;  
let him rescue him, for he delights in him!”**

**9 Yet you are he who took me from the womb;  
you made me trust you at my mother's breasts.**

**10 On you was I cast from my birth,  
and from my mother's womb you have been my God.**

**11 Be not far from me,  
for trouble is near,  
and there is none to help.**

**12 Many bulls encompass me;  
strong bulls of Bashan surround me;**

**13 they open wide their mouths at me,  
like a ravening and roaring lion.**

**14 I am poured out like water,  
and all my bones are out of joint;  
my heart is like wax;  
it is melted within my breast;**

**15 my strength is dried up like a potsherd,  
and my tongue sticks to my jaws;  
you lay me in the dust of death.**

**16 For dogs encompass me;  
a company of evildoers encircles me;  
they have pierced my hands and feet—**

**17 I can count all my bones—**

they stare and gloat over me;  
18 they divide my garments among them,  
and for my clothing they cast lots.  
19 But you, O Lord, do not be far off!  
O you my help, come quickly to my aid!  
20 Deliver my soul from the sword,  
my precious life from the power of the dog!  
21 Save me from the mouth of the lion!  
You have rescued me from the horns of the wild oxen!  
22 I will tell of your name to my brothers;  
in the midst of the congregation I will praise you:  
23 You who fear the Lord, praise him!  
All you offspring of Jacob, glorify him,  
and stand in awe of him, all you offspring of Israel!  
24 For he has not despised or abhorred  
the affliction of the afflicted,  
and he has not hidden his face from him,  
but has heard, when he cried to him.  
25 From you comes my praise in the great congregation;  
my vows I will perform before those who fear him.  
26 The afflicted shall eat and be satisfied;  
those who seek him shall praise the Lord!  
May your hearts live forever!  
27 All the ends of the earth shall remember

**and turn to the Lord,  
and all the families of the nations  
shall worship before you.**

**28 For kingship belongs to the Lord,  
and he rules over the nations.**

**29 All the prosperous of the earth eat and worship;  
before him shall bow all who go down to the dust,  
even the one who could not keep himself alive.**

**30 Posterity shall serve him;  
it shall be told of the Lord to the coming generation;  
31 they shall come and proclaim his righteousness to a  
people yet unborn, that he has done it.**

**King David could sing the blues as well as BB King.**

This Psalm is wonderfully human.

It confesses the pain and fear of humiliation and hardship.

David doesn't follow some religious formula to get through his trial.

He's not steering his ship to positivity ... just gotta ignore it and focus on the good.

He's raw and real to God.

**His faith is caught in the dissonance of his suffering and  
God's goodness.**

Which is a confusing place to be.

Many of us know what that is like. [just don't know what to do with it]

And David digs into his soul to give voice to his confusion, and out comes this lament.

Which is what lamenting is ...

### **Lament Is Wrestling Through Confusion With God**

You feel that confusion throughout the Psalm but especially in the first few verses.

**“My God, my God, why have you forsaken me?”**

**You seem far away ... don't you hear my prayers and my groaning?**

**Don't you see my pain?**

**Don't you love me enough to stop this?**

And then V3 ... “Yet you are holy, enthroned on the praises of Israel.”

He's saying ... I know who you are ...

You are holy ... perfect, righteous, just, unstained from sin.

There is no guile or evil in you at all.

And you are our God. The God we praise and honor and boast in!

## **You can sense David's wrestle ...**

What he knows about God isn't lining up with his life at the moment.

But David knows he can't just change who God is ...

God is who he is.

God doesn't change ... He is holy.

**So what God has done before, surely he will do again.  
Won't he?**

**Which is why V4 adds another layer of David's  
confusion.**

**He looks back through history and sees how God came  
through for others.**

### **Psalm 22:4-5**

**4 In you our fathers trusted;**

**they trusted, and you delivered them.**

**5 To you they cried and were rescued;**

**in you they trusted and were not put to shame.**

## **Can you hear and feel David's confusion?**

"God I'm crying out to you to rescue me ... nothings  
happening..."

"I'm getting silence ... I'm not getting your help."

"And I'm confused because I know you're holy and I'm  
supposed to be special to you."

“You made us your people. You are our God who saved us and sustains us.”

“In fact, in the past you’ve rescued others when they cried out to you ... you delivered them.”

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**Every trial, sorrow, suffering, betrayal can stir up insecurity about your relationship with God.**

**“Does God love me less than those He rescues and helps?”**

**“Why am I not worthy of his protection and blessing?”**

**Those are real emotions and real questions that will stir in your soul.**

**Often we don’t face them and think they just disappear ...**

**Or we bring the right questions to the wrong place.**

**But ...**

### **Lament Brings Your Complaint To The Right Person**

Yes, I said complaint ...

It is okay/good to bring your complaint to God...

### **Psalm 55:17**

**Evening and morning and at noon I utter my complaint and moan, and he hears my voice.**

## **Some of us might have enough complaints to fill 3 sessions a day.**

The point is that God wants you to complain to him.

- He knows this world is full of injustice.
- He knows you'll be sinned against.
- He knows you'll experience painful loss.

## **But where do you go to vent?**

There is a huge difference between venting to God and venting to others or internalizing.

Israel wandered in the wilderness for 40 years, always complaining to each other.

When things didn't go their way that is what they did.

**They serve as an example to us of what not to do.**

## **What happens when we don't complain to God?**

**Instead of God being your rescue ... He becomes the one you rebel against.**

**Here's the thing ... God can't help and guide you through what you don't bring to him.**

**And in His place something or someone will be telling you what you should do.**

**That never ends well.**

You can sin just as much in your suffering.

Just b/c your the victim doesn't give you the right to respond any way you see fit.

And that is the importance of bringing the issue to God...

He knows how to deal with it in the best way.

If he is who he is ... then He knows everything ... He is perfect in righteousness and justice.

Which means he knows the best way to work out your situation and also the best time to work out your situation.

And even when the result doesn't make sense ... He can work at all things for the good in his time.

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**Failing to bring your complaint to God will push you to believing your way and your timing is just and righteous.**

**And slowly you will become a more resentful, judgmental, self-righteous, and bitter person.**

It will truncate your relationship with God.

B/C you'll see Him as unsafe and untrustworthy.

**If God is allowing it to happen, why should I turn to him or trust him?**

**Why should I believe he ever hears and will help?**

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**Psalm 22 gives us good reason to continue to lean into God with lament...**

### **Psalm 22:6-11**

**6 But I am a worm and not a man,**

**scorned by mankind and despised by the people.**

**7 All who see me mock me;**

**they make mouths at me; they wag their heads;**

**8 “He trusts in the Lord; let him deliver him;**

**let him rescue him, for he delights in him!”**

**9 Yet you are he who took me from the womb;**

**you made me trust you at my mother's breasts.**

**10 On you was I cast from my birth,**

**and from my mother's womb you have been my God.**

**11 Be not far from me,**

**for trouble is near,**

**and there is none to help.**

**We see two things in these verses that teach us about Lament ...**

**Lament Honors Your Pain And Honors God's Faithfulness**

Your life is more than today ... more than this present darkness.

Lament remembers that God's been with us every day of our life ... even when we didn't realize He was there.

**It says, “He made us in the womb ...”**

**“You sustained my life when I was a nursing baby.”**

**Why does he bring that up?**

**B/C you are never more vulnerable and dependent than you were in the womb and nursing?**

Babies are weak, powerless, incapable of sustaining their own life.

Yet, God is there sustaining and providing through His ways and means.

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**Every moment of life is a gift from God.**

**The Psalmist honors his pain ...**

He feels like a worm ... subhuman ... the way he's being treated and abused by strong and powerful men bent on hurting and oppressing. (Bulls of Bashan / Lions tearing flesh).

But He doesn't let his present suffering become what defines his life.

He considers all that's happened before his hardship.

There has been a ton of evidence of God's faithfulness, kindness, benevolence, & mercy toward him.

Remember God's past faithfulness is important.

If you don't do that ... your problems get bigger than God.

So much so that you **don't** think God can or will do anything.

**This is a big pitfall of suffering.**

We start to question if God is really who we believed Him to be...

And that can lead to adjusting our faith or deconstructing our faith to make sense of our present circumstance.

**Lament isn't a deconstruction project ...**

**It holds the truth of your trial ... that is very real.**

**And at the same time it holds the truth of who God is ... which can't be defined BY your trial.**

**Honoring your pain and God's faithfulness is our ballast in suffering.**

**B/C God's past faithfulness gives us confidence that He will be faithful in the future that only he knows.**

**Lament Knows That Salvation Deferred Is Not Salvation Denied**

**Psalm 22:19-21**

**<sup>19</sup> But you, O LORD, do not be far off!**

**O you my help, come quickly to my aid!**

**<sup>20</sup> Deliver my soul from the sword,**

**my precious life from the power of the dog!**

**<sup>21</sup> Save me from the mouth of the lion!**

**You have rescued me from the horns of the wild oxen!**

**He's requesting and believing God will intervene ...**

**Now look at this pivot.**

**Psalm 22:22-26**

**<sup>22</sup> I will tell of your name to my brothers;**

**in the midst of the congregation I will praise you:**

**<sup>23</sup> You who fear the LORD, praise him!**

**All you offspring of Jacob, glorify him,**

**and stand in awe of him, all you offspring of Israel!**

**<sup>24</sup> For he has not despised or abhorred**

**the affliction of the afflicted,**

**and he has not hidden his face from him,**

**but has heard, when he cried to him.**

**<sup>25</sup> From you comes my praise in the great congregation;**

**my vows I will perform before those who fear him.**

**<sup>26</sup> The afflicted shall eat and be satisfied;**

**those who seek him shall praise the LORD!**

**May your hearts live forever!**

We see this in most laments ... it brings your real problem  
and real emotions to God ...

then it asks for God to help ...

**And then it moves into praising God believing He is a God who saves & will be faithful to save.**

**In lament you don't withhold praise UNTIL God saves ...  
You praise God, even in the suffering, b/c you believe that He will deliver.**

This isn't name it and claim it.

"If I say it with the right amount of faith, I can make my salvation come to pass."

No, it's not confidence in your ability ... its confidence in God who is faithful.

The Psalmist hasn't realized His deliverance yet ...

But He knows who God is ...

He knows how God works.

And even though things aren't looking good now...

Even though He's "losing" ...

He believes one day God will work on His behalf to deliver and save him.

**Lamenting isn't giving voice to doubt...**

It's dwelling in the confusion of suffering and God's goodness ...

**But in the end faith in God prevails ...**

**It chooses to trust in God who holds the future.**

**Lament is what we'll do the more we are secure in our relationship to God our Father.**

### **God's Own Son Lamented In His Most Desperate Hour**

From the cross Jesus cried out the words that open Psalm 22, "My God, my God, why have you forsaken me?"

This Psalm describes Jesus on the cross.

And that is why Jesus quotes it.

He is lamenting His real experience.

V16 His hands and feet were pierced by evil men...

V18 Soldiers were dividing his garments at the foot of his cross...

V7 All who saw him mocked and scorned him.

In his hour of greatest anguish and pain and humiliation ...  
God was silent ... He didn't step in to comfort or save His son.

And in that darkness Jesus lets out his lament.

Yet God the Father did not despise the Son for it.

He didn't withdraw His love or chastise his Son.

Yet, He didn't answer Jesus' cry.

Think about that ...

He didn't come and rescue Jesus from the cross ... God was silent when His Son was most vulnerable.

**The cross teaches us not to measure God's love by His silence.**

God the Father never stopped loving Jesus.

The proof is in the resurrection.

**The empty grave shouts louder than the silence of the crucifixion.**

**God's rescue was deferred ... not denied.**

**In the cross and resurrection we see the pattern and hope of lament.**

**Learn to lament ... use this gift.**

**B/C the road to eternal life isn't trouble free.**

**Acts 14:22**

**22 strengthening the souls of the disciples, encouraging them to continue in the faith, and saying that through many tribulations we must enter the kingdom of God.**

**BAND COME UP**

**NOT YET A CHRISTIAN:**

- One day we will die and stand before God in judgment.

- And for those that never repented and believed on Jesus, there will be an eternal suffering.
- There will be no release, no rescue at that point.
- No lament to soothe and comfort ... it will be a place of unresolved weeping and gnashing of teeth [sorrow & anger].
- But Jesus is offering you His salvation from that suffering.
- He died on the cross to release you from sin's penalty of eternal death and sin's power over you.
- Humble yourself ... repent of your sin to Him and confess Him as your Savior and King

### **CHRISTIANS:**

- How is God calling you to respond to this message?

### **EXAMINE**

B4 we take communion ... 60s to examine your heart and respond appropriately.

### **COMMUNION**

This brings us to our Savior who **CHOSE** to go to the cross.

Our sin and sin's penalty was taken by Jesus.

He suffered God's wrath, God's silence ... b/c that was the only way to redeem sinners.

The son of God let his body be broken for you and me!

He shed all of his blood so we could be forgiven!

Our laments can always end in confident praise and hope  
b/c of the cross of Jesus.

Even when God is silent ... there is an empty grave that  
shouts louder.

[eat / drink]