

- The Psalm we read is one of lament ... David petitions God to extend to him forgiveness, guidance, provision and rescue, to be the God who he knows God to be, for God to fulfill the promises He has made, and in this posture, David affirms his dependence and trust in God's goodness and faithfulness ... I'm reading a book on lament, *Dark Clouds, Deep Mercy*, "Lament is how you live between the poles of a hard life and trusting God's sovereignty... how we bring our sorrow to God... how Christians grieve... lament is more than sorrow or talking about sadness. It is more than walking through the stages of grief. Lament is a prayer in pain that leads to trust" ... In the first part of his book, Mark walks through the elements of biblical lament: turning to God in prayer, bringing Him your complaints, boldly asking Him for what you need, and then choosing to trust God no matter the outcome, and this trust is settled in who God is – the proven character of God that has **existed from everlasting (v6)**
 - Mark writes this book as one who learned the prayers of lament while in a dark season of life: after his wife and him had 3 healthy boys, they were ready to welcome their daughter; however, a few days before she was to be born, the doctors could no longer find a heartbeat ... Their daughter's death brought on a few years of multiple miscarriages, waves of emotion and pain, asking hard and honest questions, and learning how to confidentially **trust in the One who kept them trusting** – a phrase Mark received and has held on to
 - I wonder, if you were to write a lament to God, what would you say to Him ... How would your prayer be worded – how honest would you be with the One who wants to hear honestly from you ... Lament isn't you telling God what you think He wants to hear; it's you telling God what He already knows you're thinking and feeling and wrestling with ... Lament is reminding yourself of the truth that has been proclaimed throughout the ages: who God is, what God has done, and what God has promised to do ... Two refrains that continue to be declared is that of God's goodness and faithfulness – the rising sun, the air we breathe, the food we eat, the relationships we share, the Savior who has given us life now and in the age to come
 - We need to know these things and remind one another of these truths on a regular basis ... You and I need to ingest this truth and allow our life and faith to be built upon them ... For when times of trouble come, they will provide the truth on which to stand upon – God is good, God is faithful, no matter the circumstance ... The situation is out of our control, the dots are hard to connect, the news is too great to bear, yet despite all of this, I can confidently say, even if it's quiet, "I know that You are good, Father, and You faithfully love me"
- What does it mean that God is good ... **Tozer**, "The goodness of God is the drive behind all the blessings He daily bestows upon us... The cause of His goodness is in Himself." ... So, David writes **v8-10** ... Through direction and instruction, through kindness and faithfulness, through salvation and holiness, God displays His goodness to us ... For Him not to show us these realities and graces causes God not to be good ... **Tozer**, "All that God does agrees with all that God is."
 - Paul and Barnabas are in Lystra (Turkey), and they come upon a man unable to walk, and through Paul God heals the man ... The crowd claims that Paul and Barnabas are gods; Paul begins to preach – **Act14:15-17** ... God's goodness is His faithfulness and kindness, which is given to lead us to see Him and see our need for Him ... **Jam1:17** ... Our Father is unchanging, so what He has promised to do, He continues to promise to do; what He has provided, He continues to provide; who He has always been, He continues to always be
 - Often, we may conclude that pain is not good, that pain must be avoided, but what if you and I are mistaken ... What if pain is good for us; what if, in our pain, God's goodness is present ... When we experience pain in our bodies, it's our bodies way of saying, "Something is wrong. Pay attention to this. You need help." ... When pain intersects with our life, the alarm goes off, "Pay attention to this. You need help." ... **Mark**, "Pain has a way of awakening us to our need for God's help. It shines a spotlight on our powerlessness to control everything. We are never more aware of our frailty than when hardship comes our way." ... Does not mean we sugar-coat things, pretending all is well ... Instead, we see pain for what it is, and we see God for who He is, and we choose to see our pain as an ability to put our hope and trust in our Father – **2Cor1:3-4, 9-10**

- The Spirit's work of goodness in us, then, means to produce God's goodness through us ... [2Cor1:4-5](#) ... We have been **created in Christ Jesus for good works, which God prepared ahead of time for us to do** (Ep2:10) ... What is the good work God has prepared for us – think about it, it's not hard ... We have been born-again, united to Christ by the Spirit, so the life we live is the renewed life He is producing within us ... We seek the good of others
 - Goodness will cost us ... If you love those who love you, that's not much of a sacrifice ... Christians are to go the extra mile – love those who don't love them; same goes for doing good to those who don't do good to you ... Christianity is radical shift in your heart and life, where the Spirit replaces your desires and wants with His own, and you keep praying for Him to do so – [Ro12:1-2](#)
- What does it mean that God is faithful ... He is firm, reliable, truth ... He will never lie to you, let you down, go back on His word ... What He has said He will do, and He will do what He has said
 - Why does David call on God to remember – not because God has forgotten ... David is calling on God to be true to what has been promised ... **Mark**, “Asking God to remember connects our present struggle to God's historic faithfulness.” ... We see David appealing to God in this manner throughout [Ps25 – v4-5, 8, 11, 14-15](#) ... God's faithfulness is a sign of His goodness, and His goodness is a sign of His faithfulness ... We should always expect Him to act like Himself and nothing less than Himself ... **Even if we are faithless, God remains faithful, for He cannot deny Himself** (2Tim2:13) – He will not give up on us, He will keep calling us to find ourselves in Him (you are forgiven, you are in Christ, you are My child, etc.)
 - “Keep trusting the One who keeps you trusting” ... God is determined to have you cross the finish line; the Spirit in you in this guarantee ... As He holds on to you, you hold on to Him ... As He gives you the means to trust Him, you continue to trust Him ... The Spirit's work of faithfulness in us is not really about us being a faithful person to others, though this is definitely something we should seek to foster in our relationships ... Instead, the Spirit's work of faithfulness in us is more about our faithfulness to God – to hold firm to what He has said, to obey what He has instructed, to imitate what He has given as an example ... It is believing in God despite the circumstances around us and the feelings within us, because both can deceive us
 - Though there is pain, though there is silence, though there are questions, though we do not understand, the goodness and faithfulness of God is not shaken nor taken from us ... Though we cannot see Him, we know Him and are known by Him; we trust Him and we believe in Him, because He is ours and we are His ... [Rom8:28-30, 35-39](#) ... The goodness and faithfulness of the Father who made us, of the Savior who died for us, and of the Spirit who lives within us