

Derived from “A Loving Life” by Paul Miller

“Lament”: 1) To express or feel sorrow; to weep or wail; to mourn. 2) Faith-focused complaining that does not accuse God of wrong (Fannin, Psalm Series Aug 2017).

- One-third of Psalms are laments. For example, Ps 88.
- “Grief (sadness) is depression in proportion to the circumstances. Depression is grief out of proportion to the circumstances.” (Andrew Solomon)

How to tell God plainly what you feel:

- Be honest, authentic

Matt. 11:28 Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Psa. 46:1 God is our refuge and strength, always ready to help in times of trouble.

But ... don’t stop there:

- Acknowledge your dependence on God
- Thank God for his faithfulness and blessings
- Ask for wisdom and understanding
- Ask for growth
- Ask for a way ahead, the next step
- Express hope that God will act
- Invite the Holy Spirit to pray on your behalf

Rom. 8:26 And the **Holy Spirit** helps us in our weakness. For example, we don’t know what God wants us to pray for. But the **Holy Spirit** prays for us with **groanings** that cannot be expressed in words.

Have confidence:

John 16:33 I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

Psa. 34:4 I prayed to the LORD, and he answered me.

He freed me from all my fears.

Psa. 34:6 In my desperation I prayed, and the LORD listened;

he saved me from all my troubles.

Psa. 34:17 The LORD hears his people when they call to him for help.

He rescues them from all their troubles.

Psa. 34:18 The LORD is close to the brokenhearted;

he rescues those whose spirits are crushed.

Psa. 34:19 The righteous person faces many troubles,

but the LORD comes to the rescue each time.