

# Talking With God In Suffering

Psalm 12

**“Save, O Lord, for the godly one is gone; for the faithful have vanished from among the children of man. 2 Everyone utters lies to his neighbor; with flattering lips and a double heart they speak. 3 May the Lord cut off all flattering lips, the tongue that makes great boasts, 4 those who say, “With our tongue we will prevail, our lips are with us; who is master over us?””**

**Psalm 12:1-4**

**“Because the poor are plundered, because the needy groan, I will now arise,” says the Lord; “I will place him in the safety for which he longs.” 6 The words of the Lord are pure words, like silver refined in a furnace on the ground, purified seven times. 7 You, O Lord, will keep them; you will guard us from this generation forever. 8 On every side the wicked prowl, as vileness is exalted among the children of man.”**

**Psalm 12:5-8**

**What things in life are underrated  
or under utilized?**

“How long, O Lord? Will you forget me forever?  
How long will you hide your face from me?  
2 How long must I take counsel in my soul and  
have sorrow in my heart all the day? How long  
shall my enemy be exalted over me? 3  
Consider and answer me, O Lord my God; light  
up my eyes, lest I sleep the sleep of death,

Psalm 13:1-3

# Where We Are Going

## Talking With God In Suffering

1. What is lament?
2. The Pattern of Lament
3. Lament is Gospel Centered
4. Why should we lament?
5. Where should we lament?

# 1. What is Lament?

**“The practice of lament - the kind that is biblical, honest and redemptive - is not natural for us, because every lament is a prayer. A statement of faith. Lament is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God’s goodness...lament is a prayer in pain that leads to trust.”**

**Mark Vroegop**



# The Pattern of Lament

# The Pattern of Lament

## Talking With God In Suffering

1. Turn to God
2. Lament - An honest expression of sorrow to God
3. Petition - Asking God to move
4. Praise
5. Expression of Trust in God

**Turn to God & Lament**

**“Save, O Lord,** for the godly one is gone;  
for the faithful have vanished from among  
the children of man. 2 Everyone utters lies  
to his neighbor; with flattering lips and a  
double heart they speak.”

Psalm 12:1-2

**Petition**

**“3 May the Lord cut off all flattering lips,  
the tongue that makes great boasts,  
4 those who say, “With our tongue we will  
prevail, our lips are with us; who is master  
over us?””**

**Psalm 12:3-4**

**Praise**

**“Because the poor are plundered, because the needy groan, I will now arise,” says the Lord; “I will place him in the safety for which he longs.” 6 The words of the Lord are pure words, like silver refined in a furnace on the ground, purified seven times.”**

**Psalm 12:5-6**



# Confession of Trust

**“7 You, O Lord, will keep them; you will guard us from this generation forever. 8 On every side the wicked prowl, as vileness is exalted among the children of man.”**

**Psalm 12:7-8**

# 3. Lament is Gospel Centred

# 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.”**

**Psalm 77:1-2**

**“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?”**

**Psalm 77:7-9**

**“Then I said, “I will appeal to this, to the years of the right hand of the Most High.”**

**Psalm 77:10**

**“I will remember the deeds of the Lord;  
yes, I will remember your wonders of old.  
12 I will ponder all your work, and  
meditate on your mighty deeds. 13 Your  
way, O God, is holy. What god is great like  
our God?”**

**Psalm 77:11-13**



**“Your way was through the sea, your path through the great waters; yet your footprints were unseen. 20 You led your people like a flock by the hand of Moses and Aaron.”**

**Psalm 77:19-20**

# 4. Why Should We Lament?

# Why Should We Lament?

## Talking With God In Suffering

1. It is a language for loss
2. It is the solution for silence
3. It is a category for honesty
4. It is a framework for feelings
5. It's a process for our pain
6. It is a way to worship

# Why Should We Lament?

## Talking With God In Suffering

7. It's a mark of Spiritual Maturity
8. It's essential for bearing each other's burdens
9. It's for the "normal" pain of life
10. Overcoming bitterness
11. Battling Loneliness

# 5. Where Should We Lament?

# Where Should We Lament?

## Talking With God In Suffering

1. In our songs
2. In our corporate prayers
3. In our private prayers
4. In our prayer groups
5. In our burden bearing
6. In reading the news
7. In our funerals

**A Beautiful Example**