

## **Message Description**

— Is it ever appropriate for a Christian to grieve, sorrow, and lament? Should we take our complaints to the Lord? Or should we just trust that all things will work together for the good and keep a positive attitude no matter what may happen? The answer may surprise you. AND the answer is much more important than many realize. In this message, we will learn what the Bible says about lament and how that informs our prayer and worship.

## **How to Lament?**

### **I. Speak honest words to the Lord. (Psalm 13:1-2)**

### **II. Declare your utter dependence on the Lord. (Psalm 13:3-4)**

- **Psalm 20:7** | *Some trust in chariots and some in horses, but we trust in the name of the LORD our God. (ESV)*
- **Psalm 127:1** | *Unless the LORD builds a house, its builders labor over it in vain; unless the LORD watches over a city, the watchman stays alert in vain. (CSB)*
- **Psalm 127:2** | *In vain you get up early and stay up late, working hard to have enough food— yes, he gives sleep to the one he loves. (CSB)*

### **III. Rest in the hope of the Lord's ultimate deliverance. (Psalm 13:5-6)**