

Prayerfully Dependent
Psalms of Lament/Complaint (Psalm 142)
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- ◆ One of the most significant ways God wants to spiritually form us is through our _____ of hurt and loss.
- ◆ There is only one place God does not exist: _____.
- ◆ The Psalms are God's gift to _____ us in prayer.

What is biblical lament/complaint?

- ◆ God expects us to _____ pain & _____ our pain to Him.
- ◆ Lament = a prayer of pain that leads to _____.
- ◆ These Psalms allow us to be completely _____ before God.

How do we lament/complain? (Psalm 142)

- 1 Turn to God with a _____ of lament. Ps. 142:1-2

I cry aloud to the Lord. I lift up my voice to the Lord for mercy. I pour out before Him my complaint; before Him I tell my trouble.
Psalm 142:1-2

- ◆ 4 Verbs = _____ aloud, _____ up, _____ out & _____.
- 2 Bring your _____. Ps. 142:3-4
 - ◆ David's primary complaint is that he is _____ & _____.
 - 3 _____ of trust. Ps. 142:5

I cry to You, Lord; I say, "You are my refuge, my portion in the land of the living." *Psalm 142:5*

- ◆ The confession of trust turns _____ into a biblical lament.
 - ◆ The _____ of lament is not only to express our pain, but to _____ our thinking and _____ our faith.
- 4 _____ for God to act. Ps. 142:6-7
- ◆ These Psalms teach us to _____ God to act.
 - ◆ Are we _____ to be our _____ selves before God?