



7/31/26

On this week's episode of Chosen and Cherished, we talked about "closet prodigals" and what that means. As I think of this in light of the gospel, I realize that God wants so much to have a relationship with us that He sent His Son to call us to Him. It is ALL about relationship. If you'd like to listen to the episode, here's the link... <https://summitpoint.org/chosen-and-cherished/>

*Blessings,
Jonna*

This week we'll be learning about Storming the Throne of God to ask Him to break strongholds in our lives. This can be one of the hardest types of prayer for believers. We are so often very willing to lament/complain to other people about our struggles, but we're often not willing to cry out to the Lord about them. We feel like God doesn't want us to... like crying out to Him about our suffering shows a lack of faith. But it actually shows enormous faith! It's recognizing that God is our answer, our comforter, the lover of our souls.

When a child gets hurt, what is the first thing she cries out for? "Mama! Daddy!" She needs their comfort, even if she got hurt by doing something she knew she wasn't supposed to do. God is our Daddy. Just as a parent wants to comfort his child, our God wants to comfort us. Only with Him, there's no sin involved on His part, no selfishness, no wrong handling of the situation. He perfectly knows what we need, and He welcomes us with open arms.

Some people think it's a sign of weakness to cry out to God. But over a third of the psalms are psalms of lament, and David wrote most of them. He was a warrior and a king. He understood that crying out to God was not weak, but wise. Even when he sinned against, he cried out to God. And God was and is faithful, compassionate, loving, and good.

Psalm 142 is my "go to" psalm when I'm struggling. As a person who needs to be transformed from a "despair" heart, the first thing that happens when I'm caught in a hard situation is that I feel hopeless and alone. I used to wallow in that. Praise God, He's teaching me instead to pour

my heart out to Him so that He can replace my hopelessness with hope and my feelings of being abandoned with His loving presence.

I will use this psalm today to write my own psalm of lament. I will use each verse as a springboard to help me pour out my heart to God.

Vs. 1-2 ~ "With my voice I cry out to the Lord; with my voice I plead for mercy to the Lord. I pour out my complaint before Him; I tell my trouble before Him."

O Lord, I will not stay silent. I will not even pray only in my mind. With my VOICE I will cry out to You. I've spent too many years crying out to others but not telling You. It was hard, because I thought if You allowed the struggle, You must have been good with it. You're never good with anyone's sin... so when sin is done against me, or when the brokenness of this world affects me... You don't call it good, but You promise that You'll work good through it.

Maybe part of the good that You work is helping me learn to rely on You. So even now, Father, in my current situation, I cry out to You. I'm telling You that this is hard. I'm pleading for Your compassion. In all honesty, until I do cry out to You, it doesn't FEEL like You're being very compassionate. You're letting me stay in the struggle right now.

So I will keep bringing my complaint to You. I will tell ALL of it to You. I won't hold anything back. I refuse to let this situation make me think You've abandoned me. You are right here with me! I refuse to try to handle this in my own strength. I will bug You until You give me Your peace. Where else would I go?

Vs. 3-4 ~ "When my spirit faints within me, You know my way! In the path where I walk they have hidden a trap for me. Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul."

O Father, I feel faint and weak in spirit. I feel like I don't have the strength to handle this in a way that honors You. It's so hard!!! But You already know that. You know every step I have to take. You know the hidden traps... though I don't. I feel like I'm walking in a minefield. In these moments, I feel like no one notices. No one cares. Sometimes I feel like I have nowhere to go. But...

Vs. 5 ~ "I cry to you, O LORD Yahweh; I say, 'You are my refuge, my portion in the land of the living.'"

When David wrote this psalm while he was running for his life, he referred to You as Yahweh. But since Jesus came and saved my soul, I get to refer to You as something much more personal than Your personal name. Through Jesus, I get to call You Dad. The gospel is a constant reminder to me of what lengths You go through to be my refuge. This situation is not hopeless because I live in the land of the living with You, my portion, my inheritance. At the end of this and even in the middle, I get You.

But Lord...

Vs. 6-7 ~ "Attend to my cry, for I am brought very low!"

Hear my cry! Please pay attention to my situation, to my heart. Even though I know I have You, this is still so hard. I am exceedingly discouraged. If You don't help me, I will be hopeless. I am helpless without You.

I have prayed the words that I've read from Jon Bloom, "Whatever it takes, Lord, keep me desperate for You, because I tend to wander when I stop feeling my need for You." O Lord, I am desperate. I need You. It's one thing to pray that prayer when things are going well. It's a whole other thing to pray it when things hurt.

"Deliver me from my persecutors, for they are too strong for me!"

It's not just my situation, Lord. It's the fact that I'm being accused in the middle of it. I'm being treated as though I have done evil. I know I sin every day, but in this particular situation I have been genuinely trying to honor You... and my motives and actions have been severely questioned. To continue entrusting myself to You when I'm being reviled behind my back is hard. Please help me to respond as Jesus did... "When He was reviled, He did not revile in return. When He suffered, He did not threaten, but continued entrusting Himself to Him who judges justly" (1 Peter 2:23). O Lord, those who revile me stir in me a desire to retaliate. Without You, I don't have the strength to do what's right. Please help me.

"Bring me out of prison, that I may give thanks to Your name!"

Please bring my soul out of prison. This prison I'm in right now is not voluntary and it's not due to my own sin. In many ways, it's not even about my circumstances. It's more about needing to trust You and rely on You and keep crying out to You so that You can deliver my SOUL from the suffering, even while I'm in the circumstances. I KNOW that as I cry out to You, You will free me from the distress of my soul even while You sustain me in the circumstances. You will give me peace, and I will thank You with my whole heart.

"The righteous will surround me, for You will deal bountifully with me."

Let Your righteous saints surround me... with prayer and encouragement. I need to be reminded of Your goodness. I trust that they WILL surround me because of Your goodness. You will deal bountifully with me... You reward me simply for crying out to You. You're my answer!!! O Lord, I will come to You and I will not stop. Amen.