



Todd Arnett

June 24, 2018

Sinking Yet Singing

God welcomes your sorrow, confusion, and fear
when you honestly come to Him in lament

Write a basic description of a time when your prevailing thoughts and feelings were of deep sorrow, confusion or fear in the space provided.

Psalm 13:1-2

lament - "a raw expression of grief, regret or confusion"

Psalms of Lament:

13, 22, 25, 27, 28, 35, 40, 41, 42, 43, 44, 54, 55, 56, 57, 59, 60,
61, 64, 69, 70, 71, 74, 77, 79, 80, 86, 88, 90, 94, 102, 108, 109,
116, 119, 123, 124, 140, 141, 142, 143

You can bring your sorrow, your confusion, your fear to God in raw honesty partly due to the fact that David did and left an example of how we can pour out our hearts in genuine despair when that's where we are.

Psalm 13:2-4

1 Peter 5:8

Psalm 13:5-6

Romans 8:28

Romans 8:18-25

David chose to respond God's goodness in overt ways even while he was huddled up in a ball in the dark.

Now What?

God welcomes your sorrow, confusion, and fear when you honestly come to Him in lament