Good Grief: Expressing Grief, Finding Grace

“Keep Turning to God in Prayer”

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Ephesians 6:18

8/16/20

A. We are only ________ on our _________.
B. To ________ is to be human and comes naturally, but _________ is not as natural.
C. To lament is to ________ - it is a statement of _________.
D. Without hope in God’s _________ and promises, and the conviction that God is ________, there would be no reason to lament when ________ comes.
E. Lament is expressing _______ in prayer in a way that leads to ________ in God.
F. Most biblical laments follow a pattern that includes four key elements:
   1. There is an ______________ to God.  2. There is a _______________.
   3. There is a _________________.  4. Expression of ________.
G. Mark Vroegop uses 4 words for the 4 parts of lament: ________. ________, ________, and ________.
H. We learn biblical lament in the book of ____________.
   1. Of the 150 psalms, at least a _________ of them are laments.
I. Psalm 77 is a good example of a lament that focuses on the initial _________ to God that is involved in our laments.
J. To learn how to benefit from lament, we must resolve to continue to _____ to God.
K. We notice in verse 1 that the psalmist is in ________, and yet he is not ________.
L. Clearly the psalmist is _______________ to God in the midst of his pain—this is ______ what everyone does - many ________ ______ from God in their pain.
M. Prayerful lament with its inherent ______________ is way better than ________.
N. Many don’t know what to say in their pain, but learning the song of lament guides us toward God and helps us know ________ to say and ________ to say it.
O. Lament is not a ___________ _______ - praying in the midst of pain isn’t a guarantee that the emotional struggle will immediately ________.
P. We see in verses 2-4 that the psalmist expresses an on-going ____________.
Q. We notice that the psalmist is ______________ in verses 5 & 6, which results in six pointed rhetorical questions in verses 7-9.
R. What we learn from this process is that pain and suffering often create difficult ________ that are not based on ________, but they feel ________.
S. Lament leads us through personal ________ and difficult questions into the __________ about God that anchor our souls.
T. Even more important that focusing on the history of God’s ________, the psalmist shifts his focus to the very _______________ of God.
U. Psalm 77 ends with the psalmist anchoring his questions in the single greatest ________ event in the life of Israel—their ________ from ________.
V. As Christians, our exodus event is the ________ of __________.

M. messiness, silence.  N. what, how.  O. quick, fix, lift.  P. Tension.  Q. reflecting.  R. questions,
   V. cross, Christ.