Good Grief: Expressing Grief, Finding Grace

“Bring Your Complaints to God”

Psalm 142:1-2

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A. For the most part, _______________ is seen as a negative habit, and nobody likes _______________.
B. Scripture usually does not put complaining in a _______________ light, and so it is something we have tried to ____________ (Numbers 14; Phil. 2:14).
C. Bad complaining is about ________ being right and about getting things off your ________, but good complaining is about ________ being right and the desire to share with Him your ________.
D. Sarah, “God, I know you’re not ________, but it ________ like you are today.”
E. When we read the psalms of lament, we discover a lot of creative _______________.
F. Because lamenting complaint is foreign to many of us, we often do two unhelpful things:
   1. We allow ________ to turn into silent _______________.
   2. We ________ the pain and suffering in a kind of Christian ____________.
G. Biblical lament offers and alternative—through godly complaint, we are able to express our ____________ and move toward ____________.
H. God is ____________, but life is ___________, so enter _______________.
I. Psalm 10 begins with two strong _______________.
   1. It appears that the psalmist is dealing with ________, but he is also wrestling with God who appears to be allowing it to ________ unchallenged.
J. The longer we live, the more ________ we will see and experience, but add to that the fact that God could ________________, but many times He chooses not to.
K. Frequently in the lament psalms, the complaint is connected to questions of “______” (Psalm 22:1; 44:23-24).
L. Other complaints are connected to the “______” questions (Ps. 13:1; 74:10; 137:4).
M. The lament psalms give us permission—even encouragement—to lay out our struggles, even if they are struggles with ________ ____________.
N. What I hope we learn from this second step of lament is that complaint is more than expressing a series of ____________, it is a path for ____________ our thinking and feelings.
O. Principles for Guiding our Complaints:
   1. Come ____________.
   2. Be ________________.
   3. Pray the ________________.
   4. ________________ _______ to the next step.

Answer Key:  A. complaining, complainers.  B. positive, avoid.  C. you, chest, God, struggle.