

SERMON APPLICATION GUIDE

THE LANGUAGE OF LAMENT

PSALM 13:1-6

JULY 31, 2022

The Four Elements of Lament

1. Turn to God (v1)
2. Bring your complaint (v2)
3. Ask Boldy for Help (v3-4)
4. Choose to Trust (v5-6)

Questions:

1. Is lament a common language you incorporate into your prayer life?
2. What is typically your first response when trials, suffering and hardship enter your life?
 - What often keeps us from turning to God as our first response?
3. How is a lament different from complaining/whining?
4. Do you struggle being raw and honest in your language with the Lord? If yes, why do you think that is?
5. Has there ever been a time of your life when you've turned to the language of lament to express your emotions, concerns and petitions to the Lord? What was the response of that in your soul?
6. Why would lament be incomplete without the final step, ("choosing to trust")?
 - How is a lament different from complaining/whining?
7. Is there anything in your life that you need to lament before the Lord today?