

The Biblical Process of Lament: Ask

Scripture Reading

Read Psalm 77, noting the shift with “Then.”

So far, we’ve learned that lament involves turning to prayer and giving voice to our complaints. We’ve learned about the spiritual value of bringing our complaints to God. Now we come to the third step: asking boldly.

This next leg in our journey involves confidently calling upon God to act in accordance with his character. It is how lament moves from the *why* question of complaint to the *who* question of request.

Who God is becomes the more prominent reality while not removing the lingering questions.

- Read psalm 22:1-10
 - Identify the first three steps of lament: turn, complain, and ask (identify and highlight or underline the word *yet*).

The word “yet” marks the place in the journey where pain and belief coexist. Yet means that we choose to keep asking God for help, to cry out to him for our needs, even when the pain of life is raw. Yet reminds us that sorrow doesn’t have to cease before we ask God for help.

- Read Psalm 22:11-21
 - Identify the bold requests David makes.

The point of requests is not to only meet a need. The point is to rely on God.

Below are nine types of prayers from biblical laments. These petitions are as unique as the circumstances that create pain.

- **Arise, O Lord!**: Pleads for God to fix what’s wrong, asking for divine intervention.
- **Grant us help**: Cries for deliverance, rescue, or strength from God’s power.
- **Remember your covenant**: Asks God to honor His promises, trusting His Word.
- **Let justice be done**: Seeks God’s action against unfairness or mistreatment.
- **Don’t remember our sins**: Appeals for God’s mercy, not treating us as our sins deserve.
- **Restore us!**: Yearns for healing in your soul, relationships, or other areas.
- **Don’t be silent—listen to me**: Battles the fear that God isn’t hearing your cries.
- **Teach me**: Asks God to teach you through your struggles, not wasting your trials.
- **Vindicate me**: Seeks God’s defense if you’ve been misunderstood or unfairly treated.

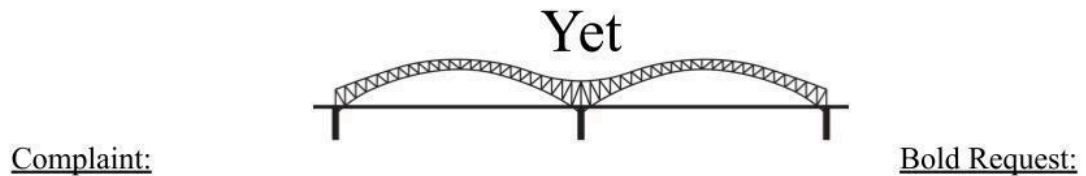
For example, you might choose “Restore us!” to ask for healing in your heart or “Teach me” to learn from this season.

- Of these 9 categories, which prayers are most meaningful to you and why?

Application

1. Re-read Psalm 22 and then complete the bridge diagram below. On one side, write the psalmist’s complaints. On the other side, write the bold requests that correspond to each complaint.
2. Create another bridge diagram, then using the specific complaints that you brought out in your last homework, list your complaints on one side of the bridge. In light of these complaints, what bold requests do you need to pray?

Yet - “A bridge that leads the psalmist from complaint to bold request,” Mark Vroegop



Reflection Questions:

1. What would happen if you stopped the lament process with complaint and didn't move toward asking boldly?
2. How does the confidence of the psalmist's prayers help your faith?
3. How can bold requests move you from focusing on *why* to focusing on *who*? Why is that important?

Prayer

Spend 5 minutes writing out a prayer, based on all that God is teaching you this week.