

The Biblical Process of Lament - Trust
(based on the book, Dark Clouds, Deep Mercy by Mark Vroegopp)

Trust looks like talking to God, sharing our complaints, seeking God's help, and then recommitting ourselves to believe in who God is and what he has done - even as the trial continues. Lament is how we endure. It is how we trust. It is how we wait. As we wait for future deliverance, our spiritual posture need not be passive. Trust is active patience.

Laments are designed to lead us toward decisive, faith-filled worship.

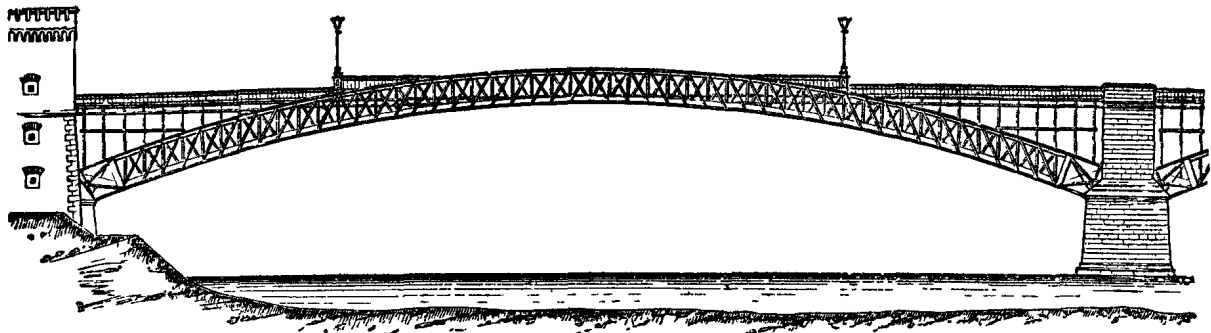
1. Read Psalm 13:1-4 and identify the first three elements you've studied: TURN, COMPLAIN, and ASK.

In the lament psalms the words *but*, *however*, or *yet* mark a critical and consistent turn toward trust.

1. Identify the turning point in Psalm 13.

Lamenting trust is not merely a belief or conviction; it is trusting despite what circumstances might lead one to believe. Words like *but*, *however*, and *yet* mark the intentional shift from the cause of the lament to **trusting in who God is, what he has done, and the promises of Scripture**.

Let's use another bridge diagram, and in the following passages: identify the cause of the lament, the turning point, and the affirmation of trust: Psalm 71:10-11, 14; Psalm 86:14-15; Psalm 13



Cause of the Lament

But, however, yet

Affirmation of Trust

Trust is believing what you know to be true even though the facts of suffering might call that belief into question. In the same way that it takes faith to turn to God in prayer while in pain, it takes faith to trust in God's steadfast love when circumstances are hard. This statement of trust anticipates a praise that has not yet arrived. Choosing to trust through lament requires that we rejoice without knowing how all the dots connect. We decide to let God be his own interpreter, trusting that somehow his gracious plan is being worked out - even if we can't see it. God's promises don't end the pain but they do give it purpose.

Entering lament leads to rejoicing and God-centered worship.

1. Read the following passages and identify the rejoicing and worship: Psalm 13; Psalm 28; Psalm 56

Reflection Questions:

1. What happens to the soul of someone who never moves to this last step of trust?
2. How do complaint and ask set the framework for trust?
3. In your own words, what are the ingredients of trust?
4. Why is it important to think about trust as "active patience?"
5. Before moving on to the final part of this homework, take some time to write out a prayer to the Lord about your need to trust Him.
6. As you think back on God's faithfulness, where has he proven himself to be trustworthy?
7. What are some of your favorite passages in the Bible that bring comfort and assurance to you when you are suffering?

Read through Psalm 55, 77, 142.

1. In each Psalm, identify the elements of TURN, COMPLAIN, ASK, and TRUST. (1. *Turn* represents the address to God as the psalmist comes to him in prayer. This is sometimes combined with complaint. 2. *Complain* is where the psalmist identifies in blunt language the specific pain or injustice he is experiencing. *Why* or *how* questions are often part of the complaint. 3. *Ask* is where the psalmist specifically calls upon God to act in a manner that fits his character and resolves his complaint. 4. *Trust* is where the psalmist affirms God's worthiness to be trusted, and commits to praising him.)
2. Highlight any words or phrases that you identify as being particularly helpful to your lament story/journey and explain why.