



Series: Learning to Lament
Title: Choose to Trust
Lesson: 3

Text: Psalm 13; Job
Date: April 6, 2025

Defintion

An expression of deep regret, anger or grief, with the intent of drawing close to God in times of pain.

Biblical laments follow a similar pattern:

- 1. Prayer**
- 2. Lament**

Complaints are accusations against God that malign His character.

Laments are expressions of faith grounded in who God is and what He has done.

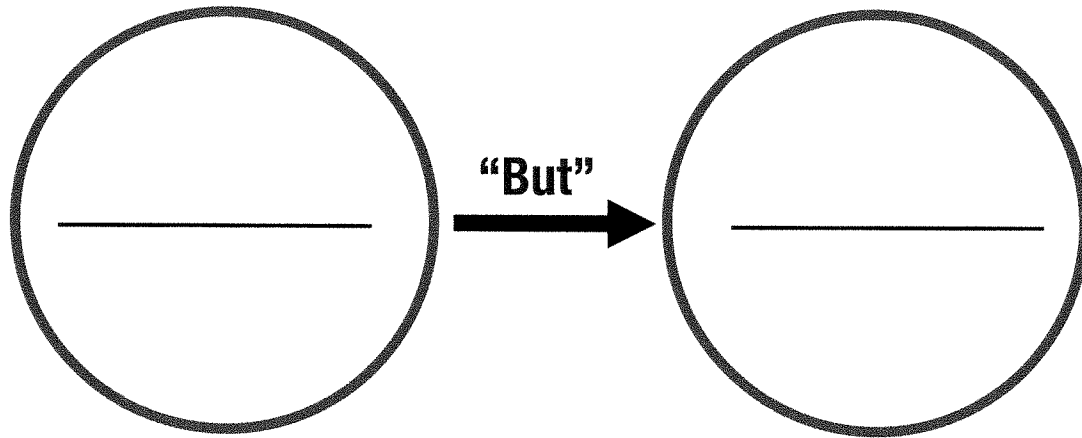
- 3. Request**
- 4. HOPE** (Trust & Praise)

Psalm 13:1–2 How long, O Lord? Will You forget me forever? How long will You hide Your face from me? 2 How long shall I take counsel in my soul, Having sorrow in my heart all the day? How long will my enemy be exalted over me?

3 Consider and answer me, O Lord my God; Enlighten my eyes, or I will sleep the sleep of death, 4 And my enemy will say, "I have overcome him," And my adversaries will rejoice when I am shaken.

5 But I have trusted in Your lovingkindness;

"But"



5 **But** I have trusted in Your lovingkindness;

"trusted"

5a. My heart shall rejoice in Your salvation.

6 I will sing to the Lord, Because He has dealt bountifully with me.

**Even though our circumstances may not change,
our _____ changes.**

**Even though our suffering may remain, lament
_____ the pain in hope and trust in God.**

Why Christians suffer?

Job 1:6–12 Now there was a day when the sons of God came to present themselves before the Lord, and Satan also came among them.

7 The Lord said to Satan, “From where do you come?” Then Satan answered the Lord and said, “From roaming about on the earth and walking around on it.”

8 The Lord said to Satan, “Have you considered My servant Job? For there is no one like him on the earth, a blameless and upright man, fearing God and turning away from evil.”

1. To prove that our _____ is real.

9 Then Satan answered the Lord, “Does Job fear God for nothing? 10 “Have You not made a hedge about him and his house and all that he has, on every side? You have blessed the work of his hands, and his possessions have increased in the land. 11 “But put forth Your hand now and touch all that he has; he will surely curse You to Your face.”

12 Then the Lord said to Satan, “Behold, all that he has is in your power, only do not put forth your hand on him.” So Satan departed from the presence of the Lord.

**The trials God allows are _____
according to our capacity to handle them.**

1 Corinthians 10:13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

“God is faithful”

“the way of escape”

“able to endure it”

2. To drive us to _____.

Job 3:1 Afterward Job opened his mouth and cursed the day of his birth.

3 “Let the day perish on which I was to be born, And the night which said, ‘A boy is conceived.’

11 “Why did I not die at birth, Come forth from the womb and expire?

A. He became disillusioned with God’s ways.

Job 7:16–21 “I waste away; I will not live forever. Leave me alone, for my days are but a breath. 17 “What is man that You magnify him, And that You are concerned about him, 18 That You examine him every morning And try him every moment? 19 “Will You never turn Your gaze away from me, Nor let me alone until I swallow my spittle? 20 “Have I sinned? What have I done to You, O watcher of men? Why have You set me as Your target, So that I am a burden to myself? 21 “Why then do You not pardon my transgression And take away my iniquity? For now I will lie down in the dust; And You will seek me, but I will not be.”

B. He was hurt over the failure of others.

Job 19:13–19 “He has removed my brothers far from me, And my acquaintances are completely estranged from me. 14 “My relatives have failed, And my intimate friends have forgotten me. 15 “Those who live in my house and my maids consider me a stranger. I am a foreigner in their sight. 16 “I call to my servant, but he does not answer; I have to implore him with my mouth. 17 “My breath is offensive to my wife, And I am loathsome to my own brothers. 18 “Even young children

despise me; I rise up and they speak against me. 19 “All my associates abhor me, And those I love have turned against me.

Job began to demand that God answer.

Job 13:3 “But I would speak to the Almighty, And I desire to argue with God.

22–24 “Then call, and I will answer; Or let me speak, then reply to me. 23 “How many are my iniquities and sins? Make known to me my rebellion and my sin. 24 “Why do You hide Your face And consider me Your enemy?

3. To _____ us

Job 38:1–4 Then the Lord answered Job out of the whirlwind and said, 2 “Who is this that darkens counsel By words without knowledge? 3 “Now gird up your loins like a man, And I will ask you, and you instruct Me! 4 “Where were you when I laid the foundation of the earth? Tell Me, if you have understanding,

**It’s okay to ask God why we suffer, but never to
_____ an answer.**

Job 40:3–5 Then Job answered the Lord and said, 4 “Behold, I am insignificant; what can I reply to You? I lay my hand on my mouth. 5 “Once I have spoken, and I will not answer; Even twice, and I will add nothing more.”

4. To increase our _____

Job 42:1–3 Then Job answered the Lord and said, 2 “I know that You can do all things, And that no purpose of Yours can be thwarted. 3 ‘Who is this that hides counsel without knowledge?’ “Therefore I have declared that which I did not understand, Things too wonderful for me, which I did not know.”

5 “I have heard of You by the hearing of the ear; But now my eye sees You;

Discussion Guide

1. What are some of the barriers that hinder the goal of turning lament into trust?
2. How is suffering and lament connected?
3. Discuss why 1 Corinthians 10:13 is such an important verse when it comes to suffering? How could you use it to counsel someone experiencing grief?
4. Why is it important for those suffering to move from being ruled by feelings to be turned to truth.
5. Now that the series is complete, what benefits are there to the church as a whole to understand lament?



ANSWERS: Feelings, Truth, perspective, wraps, faith, measured, lament, humble, demand, worship