

## **Week 4 – Ask**

*“Lament is the honest cry of a hurting heart wrestling with pain and the promise of God’s goodness.”*

God’s presence fills the gap between the places of pain and the promises of his goodness.  
Dark Clouds, Deep Mercy

*“Prayer pulls the rope below and the great bell rings above in the ears of God. Some scarcely tug the bell, for they pray so weakly. Others give but an occasional pluck at the rope. But the one who wins with heaven is the one who grasps the rope boldly and pulls continuously, with all their might.” - Charles Spurgeon*

- TURN- In the places of pain, lament is a prayer of faith that points us to God
- COMPLAIN - Loving God with ALL of your heart means loving him through the honest cries of your hurting heart.
- ASK

**We ask boldly, not to demand the promises of God, but to depend on the God who gives the promises.**

My God, my God, why have you abandoned me? Why are you so far away when I groan for help? Every day I call to you, my God, but you do not answer. Every night I lift my voice, but I find no relief. Psalm 22:1-2 (NLT)

Yet you are holy, enthroned on the praises of Israel. Our ancestors trusted in you, and you rescued them. They cried out to you and were saved. They trusted in you and were never disgraced. Psalm 22:3-5 (NLT)

But I am a worm and not a man. I am scorned and despised by all! Everyone who sees me mocks me. They sneer and shake their heads, saying, “Is this the one who relies on the Lord? Then let the Lord save him! If the Lord loves him so much, let the Lord rescue him!” Psalm 22:6-8 (NLT)

Yet you brought me safely from my mother’s womb and led me to trust you at my mother’s breast. I was thrust into your arms at my birth. You have been my God from the moment I was born. Psalm 22:9-10 (NLT)

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Do not stay so far from me, for trouble is near, and no one else can help me. O Lord, do not stay far away! You are my strength; come quickly to my aid! Save me from the sword; spare my precious life from these dogs. Snatch me from the lion's jaws and from the horns of these wild oxen. Psalm 22:11, 19-21 (NLT)

#### 4 things we can ask God for in times of Lament

1 - Ask God to fix what is wrong in the world

*Arise, O Lord! Punish the wicked, O God! Do not ignore the helpless! -Psalm 10:12 (NLT)*

2 - Ask God to forget our sins

*"Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins." -Psalm 51:1 (NLT)*

3 – Ask God to restore

*"Restore us, God; make your face shine on us, so that we may be saved." -Psalm 80:3 (NIV)*

4 - Ask for God to vindicate you

*"Vindicate me in your righteousness, Lord, my God; do not let them gloat over me." -Psalm 35:24 (NLT)*

*"The Lord is my strength and my defense; he has become my salvation." Exodus 15:2 (NLT)*

*"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." -Hebrews 4:16 (NIV)*

*"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin." -Hebrews 4:15 (NIV)*

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