



2/7/21 Sermon Notes

“The Gift of Lament”

Psalm 77

Pastor Dan DeRoche

Psalm 77 (CSB) - ¹ I cry aloud to God, aloud to God, and he will hear me. ² I sought the Lord in my day of trouble. My hands were continually lifted up all night long; I refused to be comforted. ³ I think of God; I groan; I meditate; my spirit becomes weak. Selah ⁴ You have kept me from closing my eyes; I am troubled and cannot speak. ⁵ I consider days of old, years long past. ⁶ At night I remember my music; I meditate in my heart, and my spirit ponders. ⁷ “Will the Lord reject forever and never again show favor? ⁸ Has his faithful love ceased forever? Is his promise at an end for all generations? ⁹ Has God forgotten to be gracious? Has he in anger withheld his compassion?” Selah ¹⁰ So I say, “I am grieved that the right hand of the Most High has changed.” ¹¹ I will remember the Lord’s works; yes, I will remember your ancient wonders. ¹² I will reflect on all you have done and meditate on your actions. ¹³ God, your way is holy. What god is great like God? ¹⁴ You are the God who works wonders; you revealed your strength among the peoples. ¹⁵ With power you redeemed your people, the descendants of Jacob and Joseph. Selah ¹⁶ The water saw you, God. The water saw you; it trembled. Even the depths shook. ¹⁷ The clouds poured down water. The storm clouds thundered; your arrows flashed back and forth. ¹⁸ The sound of your thunder was in the whirlwind; lightning lit up the world. The earth shook and quaked. ¹⁹ Your way went through the sea and your path through the vast water, but your footprints were unseen. ²⁰ You led your people like a flock by the hand of Moses and Aaron.

My Hope For This Series:

To have our faith strengthened in the midst of suffering, to become better followers of Jesus, to help care for others who are experiencing suffering

Overview of Lament:

TURN - COMPLAINT - ASK - TRUST

What does it mean to lament?

- Lament is the honest cry of a hurting heart wrestling with pain and the promise of God’s goodness.
- He has given us a way where both pain and His promise can live together and that place is called lament.
- Lament is voicing our fears and struggles while at the same time pointing our hearts toward God.
- Without Lament: Instead of a sweet, vibrant relationship with God we risk having a relationship with God that is filled with silence, bitterness, anger and resentment.

Verses 1-2 - “To pray in pain, even with its messy struggle and tough questions, is an act of faith where we open our hearts to God.”
- Mark Vroegop

Verses 3-4 - Praying in the midst of pain doesn’t mean the pain immediately goes away.

Verses 5-9 - Honest prayer like this recognizes that pain and suffering create difficult emotions that may NOT be based in truth, however they FEEL true nonetheless.

Verses 10-12

Verses 13-15 - While we are still in pain, lament reminds our hearts of what we know to be true.

Verses 16-20 - That act was an anchor for the weary soul. It reminded them of God’s saving hand. For Christians today that anchor is the cross.

*No one taught you to cry. Tears are part of what it means to be human. But to lament is Christian.
It is a prayer of faith for the journey between a hard life and God’s goodness.
We need to learn to lament. Through the tears, the first step is to turn to God in prayer.*
