



immanuel institute

Prayer: Week Five David: How to Lament

Introduction

JC Ryle, *Do You Pray*

Stanley Gale, *Why Do We Pray*

Joel Beeke, *How Can I Cultivate Private Prayer*

Paul Tautges, *Brass Heavens*

RC Sproul, *Does Prayer Change Things*

“The mind of God does not change for God does not change. *Things* change, and they change according to His sovereign will, which He exercises through secondary means and secondary activities. The prayer of His people is one of the means He uses to bring things to pass in this world. So if you ask me whether prayer changes things, I would answer with an unhesitating ‘Yes!’” (RC Sproul, *Does Prayer Change Things*)

“God has invited us to come freely into His presence, but we must realize that we are still coming before *God*.” (RC Sproul, *Does Prayer Change Things*)

“In Psalm 66, David reminds himself that there is a time when prayer is a presumptuous, arrogant, detestable, and obnoxious deed perpetrated upon the Almighty ... We are alerted to the importance of properly approaching God in prayer. If there is anything worse than not praying, it is praying in an unworthy manner.” (RC Sproul, *Does Prayer Change Things*)

A Pattern for Prayer

- “The Lord’s Prayer” or “The Disciple’s Prayer” (Matthew 6:7-14)
- Helpful Acronyms:
 - “ACTS” ... Adoration, Confession, Thanksgiving, Supplication (Asking)
 - “PRAY” ... Praise, Repent, Ask, Yield
 - “PRAISE” ... Praise, Repentance, Ask, Intercede, Speak (the Word), Enjoy (God)
 - “ALTAR” ... Adoration, Love, Thanksgiving, Ask, Repentance
 - The 7 “Ps” of Prayer ... Presence, Praise, Purpose, Petition, Pardon, Protection, Persistence

David: How to Lament

The Bible’s prescribed response to experiences of “hurt” is _____.

- A lament is a passionate expression of _____ or _____.

“Lament isn’t an animal wail, an inarticulate howl. Lament notices and attends, savors and delights – details, images, relationships. Pain entered into, accepted, and owned can become poetry. It’s no less pain, but it’s no longer ugly.” (Eugene Peterson, *Leap Over a Wall*)

- The Bible contains many “lamentations.”
- Laments show _____, _____, and _____ (2 Samuel 1:11-12, 1:17-27).

“There’s no lament because truth isn’t taken seriously, love isn’t taken seriously. Human life doesn’t matter as *life* – God given, Christ-redeemed, Spirit-blessed life. It counts only as “news.” There’s no dignity to any of it. It’s trivialized.” (Eugene Peterson, *Leap Over a Wall*)

- We have to be _____ how to lament (2 Samuel 1:11, 1:17-18).
- We need to learn how to lament because there are a number of _____ that come with grief and sorrow (anxiety, guilt, envy).
- Lament is rarely practiced in our _____.
- Lament is often _____ in our prayers (ACTS, PRAY, etc).

David's Lament in Psalm 22

1. Godly people _____, but they _____ God.

2. Jesus _____ for sinners.

- V8-10 ... The _____ directed toward Jesus during the crucifixion.
- V12-18 ... The bulls, lions, and dogs who were the Roman _____.
- V15 ... Jesus' declaration of _____ from the cross.
- V15 ... Jesus' _____ (dust a reference to Genesis 3).
- V16 ... The _____ of Jesus' hands.
- V17 ... None of Jesus' bones were _____.
- V18 ... The soldiers _____ for Jesus' clothing.
- V22 ... Jesus declaring truth to his _____ (Hebrews 2:12).
- V27 ... Every _____ on earth worshipping Jesus (Revelation 5:9-10).
- V31 ... Jesus' _____ words from the cross (John 19:30).

Application

- Our lives must always be marked by _____, even when we _____.
 - The Trilogy of the Shepherd (Psalm 22, 23, 24).
 - Psalm 22 ... The Good Shepherd _____ for His Sheep
 - Psalm 23 ... The Good Shepherd _____ for His Sheep
 - Psalm 24 ... The Good Shepherd Will _____ for His Sheep
- Jesus _____ us how to lament (John 11:32-36).
- Jesus _____ the way we lament (1 Thessalonians 4:13-18).

- *Other Prayers of Lament in the Bible*
 - *Jeremiah's Lament Over Jerusalem (Lamentations, Lamentations 3:22-27)*
 - *Heman the Ezrahite's "Darkest Lament" (Psalm 88, Psalm 88:1-2)*
 - *A Short Psalm of Lament (Psalm 13)*
 - *A Lament in the Songs of Ascent (Psalm 130, Psalm 120-134)*

“Such are the two great realities of Psalm 130: suffering is real; God is real. Suffering is a mark of our existential authenticity; God is proof of our essential and eternal humanity. We accept suffering; we believe in God. The acceptance and the belief both emerge out of those times when ‘the bottom has fallen out’ of our lives. But there is more than a description of reality here, there is a procedure for participating in it. The program is given in two words: _____ and _____.” (Eugene Peterson, *A Long Obedience in the Same Direction*)