

## 7. Trust In God For Your Deliverance

(12) “Hear my prayer, O LORD [Yahweh], listen to my cry for help; be not deaf to my weeping. For I dwell with you as an alien, a stranger, as all my fathers were. (13) Look away from me [ie. my sins], that I may rejoice again before I depart and am no more.”

- After David came to the revelation that God had a greater plan in the midst of his pain, only then could he throw himself wholeheartedly on the delivering power of God

- “O Lord” = “Yahweh” = “the covenant-making God”

### SUMMARY

- What started as a painful expression of emotions and thoughts and feelings, became another opportunity, to be touched by the healing presence of God
- In these days of confusion and frustration and pain, we need to learn again, the art of lamenting

For other examples of lamenting, see:

Psalms 6, 13, 42, 55, 38, 39, 70, 77, 88, 102, 130, 142

## THE ART OF LAMENTING

### # 2 - Crying From The Heart

David Hibbert – April 4, 2004

#### GOD IS IN TUNE WITH OUR CRY

- God is in tune with our human heart

Isaiah 53:3, NIV – “He was despised and rejected by men, a man of sorrows, and familiar with suffering. ...”

Acts 13:22, NIV – “... I have found David son of Jesse a man after my own heart; he will do everything I want him to do.”

- In the midst of disappointment, tragedy, confusion, betrayal and rejection, David never stopped talking to God
- God expects lament – and He greatly respects it.
- The cry of pain is our most honest cry, it’s our most transparent cry
- Every Psalm of lament, is also a Psalm of longing, a Psalm of faith
- Every cry of lament comes from a heart that still holds on to hope

#### LEARNING TO LAMENT

##### 1. Recognize Who Not To Talk To

(1) ... I said, “I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth as long as the wicked are in my presence.”

- Even though David was in great pain, he understood that he had to be very careful who he opened his heart to

##### 2. Recognize That You Must Verbalize Your Pain

(2) But when I was silent and still, not even saying anything good, my anguish increased. (3a) My heart grew hot within me, and as I meditated (literally ‘sighed’), the fire burned;

- Even though we have to be careful who we talk to, we do need to talk
- We must verbalize our pain, for our own sake, and for the sake of others
- David's progression of pain:
  - Anguish
  - Anguish increased (heartache)
  - Meditation (sighing / obsessing on pain)
  - Heart grew hot (anger)
  - The fire burned (rage)

### 3. Speak Forth Every Frustration - Every Discouragement - Every Anger – To God

*(3b) then I spoke with my tongue: (4) "Show me, O LORD, my life's end and the number of my days; let me know how fleeting is my life. (5) You have made my days a mere handbreadth; the span of my years is as nothing before you." Each man's life is but a breath. <Selah> (6) Man is a mere phantom as he goes to and fro: He bustles about, but only in vain; he heaps up wealth, not knowing who will get it."*

### 4. Be Willing To Renew Your Trust In God For His Help

*(7) "But now, Lord, what do I look for? My hope is in you."*

- As we open up our heart to God, even in despairing prayer, God can turn our heart back to Him in hope, and in revelation, and in faith
- The more honest and intense your laments are, the more God has to work with, to bring you back to hope
- We tend to complain too much to men, and too little to God
- Man can only feed our frustrations, God can turn our frustrations
- The more we pour out our hearts to God, the more God pours out His heart to us

### 5. Confess Your Own Sins, As God Reveals Them To You

*(8) Save me from all my transgressions; do not make me the scorn of fools.*

- When we lament, our agenda is usually to get God to agree with us.
- God's agenda, is to bring us back to wholeness.

Mark 1:15, NIV – *"The time has come," he said. "The kingdom of God is near. Repent and believe the good news!"*

- The challenge to repent isn't a challenge to feel bad – it's an invitation to come into wholeness
- John is saying, "the kingdom of God is coming – righteousness, peace and joy in the Holy Spirit are coming, so turn from your wayward living, so you can enjoy the kingdom when it comes."

### 6. Accept God's Purposes In the Midst Of Your Pain

*(9) I was silent; I would not open my mouth, for you are the one who has done this. (10) Remove your scourge from me; I am overcome by the blow of your hand. (11) You rebuke and discipline men for their sin; you consume their wealth like a moth – each man is but a breath." <Selah>*

- David suddenly realized that even though others had hurt him, God had allowed it, and so God must have a reason for it
- David accepts his present situation as part of God's plan to refine him, and make him into the man God wants him to be
- David still doesn't understand everything, but at least he now really understands that there is a personal God, not an impersonal force, in charge of his life