

LAMENT

Part 3
“Lament: Expressing Our Grievances”

WORSHIP IN SEASONS OF SORROW

— PSALM 10 —
February 15, 2026

Introduction: The Body Keeps the Score

Because we are embodied creatures, it should not surprise us that the hardships of life in a fallen world affect both our minds and our bodies. Suppressing trauma or defining ourselves by it can each lead to anxiety, strained relationships, depression, and poor physical health. The Lord knows this and therefore His Word includes numerous instances of His people being open and honest before Him regarding the pains of life. Because He knows and loves us, we are invited to turn unto Him.

Main Point: In order to rightly lament, we must be willing to bring our _____ and _____ before the Lord in prayer.

Grievance or Grumbling?

- Scripture refers negatively to “_____” and “_____” in both testaments.

Exod. 16:8—And Moses said, “When the Lord gives you in the evening meat to eat and in the morning bread to the full, because the Lord has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against the Lord.”

Num. 14:2—² And all the people of Israel grumbled against Moses and Aaron. The whole congregation said to them, “Would that we had died in the land of Egypt! Or would that we had died in this wilderness!”

1 Cor. 10:9-10—⁹ We must not put Christ to the test, as some of them did and were destroyed by serpents, ¹⁰ nor grumble, as some of them did and were destroyed by the Destroyer.

Phil. 2:14—Do all things without grumbling or disputing

Key Point: To complain in this manner evidences a lack of _____ and a misunderstanding of our _____ before the Lord.

- Scripture permits the faithful expression of “_____” before God in both testaments.

Job 23:1-3—¹ Then Job answered and said: ² “Today also my complaint is bitter; my hand is heavy on account of my groaning. ³ Oh, that I knew where I might find him, that I might come even to his seat!”

Jer. 12:1—Righteous are you, O Lord, when I complain to you; yet I would plead my case before you. Why does the way of the wicked prosper? Why do all who are treacherous thrive?

2 Cor. 12:7b-9a—...a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. ⁸ Three times I pleaded with the Lord about this, that it should leave me. ⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

Heb. 5:7—In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence.

- Bringing a complaint before God often includes asking _____.

Psa. 42:9a—I say to God, my rock: “Why have you forgotten me? Why do I go mourning...”

Hab. 1:2-3—² O Lord, how long shall I cry for help, and you will not hear? Or cry to you “Violence!” and you will not save? ³ Why do you make me see iniquity, and why do you idly look at wrong?

Rom. 7:24—Wretched man that I am! Who will deliver me from this body of death?

Rev. 6:9-10—⁹ When he opened the fifth seal, I saw under the altar the souls of those who had been slain for the word of God and for the witness they had borne. ¹⁰ They cried out with a loud voice, “O Sovereign Lord, holy and true, how long before you will judge and avenge our blood on those who dwell on the earth?”

Key Point: To express our grievances and complaints before the Lord in faith is a proper act of _____ for the believer.

“Through godly complaint, we are able to express our disappointment and move towards resolution. We complain on the basis of our belief in who God is and what he can do.”—Mark Vroegop

Psalm 10 — The Lament of Those Who Witness & Suffer Under Evil

- The psalmist turns to the Lord and asks questions in light of what he _____ and _____. (vv. 1,13)
“Why, O Lord, do you stand far away? Why do you hid yourself in times of trouble?”
“Why does the wicked renounce God and say in his heart, “You will not call to account?”
- The primary focus of his lament is on the actions of the “_____” against others. (vv. 2-11)
“the wicked”— רָשָׁא (râshâ)—morally wrong; an (actively) bad person:— condemned, guilty, ungodly, a wicked (person), that has done wrong.
⇒ All around he sees those who are “wicked” in their attitudes:

⇒ They are also characterized by “wicked” actions:
- The psalmist calls upon the Lord to act and to execute _____ upon these evil-doers. (vv. 2,12-15)
 - (1) He calls upon God to display His _____ to rescue the afflicted (v.12)
 - (2) He declares that the arrogant thoughts of the wicked are _____ (vv.13-14)
“But you do see, for you note mischief and vexation”
 - (3) He prays imprecations _____ the wicked.
“In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised.”
“Break the arm of the wicked and evildoer; call his wickedness to account till you find none.”
- The psalmist declares what he knows to be _____ of the Lord. (vv.16-18)
 - (1) The Lord is the eternal _____ who _____ His people.
 - (2) The Lord _____ His people and will give them the _____ needed to endure hardship.
 - (3) The Lord will ultimately _____ His people against the “_____ - _____.”

Key Point: In Lament, our questions and complaints are offered _____ declarations of faith and trust.

Concluding Thoughts

1. In a fallen world, it often seems that unbelievers _____ and _____.
2. When we suffer because of others, we do well to _____ ourselves to the Lord.
1 Pet. 2:24—When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.
3. As we observe evil in the world and experience its effects personally we must keep in mind:
 - Vengeance belongs to the Lord (Rom. 12:19)
 - It is good and right to pursue justice and to restrain evil (Rom. 13:4)

LAMENT

Part 3
“Lament: Expressing Our Grievances”

WORSHIP IN SEASONS OF SORROW

— PSALM 10 —
February 15, 2026

Introduction: The Body Keeps the Score

Because we are embodied creatures, it should not surprise us that the hardships of life in a fallen world affect both our minds and our bodies. Suppressing trauma or defining ourselves by it can each lead to anxiety, strained relationships, depression, and poor physical health. The Lord knows this and therefore His Word includes numerous instances of His people being open and honest before Him regarding the pains of life. Because He knows and loves us, we are invited to turn unto Him.

Main Point: In order to rightly lament, we must be willing to bring our griefs and sorrows before the Lord in prayer.

Grievance or Grumbling?

- Scripture refers negatively “grumbling” and “complaining” in both testaments.

Exod. 16:8—And Moses said, “When the Lord gives you in the evening meat to eat and in the morning bread to the full, because the Lord has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against the Lord.”

Num. 14:2—² And all the people of Israel grumbled against Moses and Aaron. The whole congregation said to them, “Would that we had died in the land of Egypt! Or would that we had died in this wilderness!”

1 Cor. 10:9-10—⁹ We must not put Christ to the test, as some of them did and were destroyed by serpents, ¹⁰ nor grumble, as some of them did and were destroyed by the Destroyer.

Phil. 2:14—Do all things without grumbling or disputing

Key Point: To complain in this manner evidences a lack of gratitude and a misunderstanding of our position before the Lord.

- Scripture permits the faithful expression of “grievance” before God in both testaments.

Job 23:1-3—¹ Then Job answered and said: ² “Today also my complaint is bitter; my hand is heavy on account of my groaning. ³ Oh, that I knew where I might find him, that I might come even to his seat!”

Jer. 12:1—Righteous are you, O Lord, when I complain to you; yet I would plead my case before you. Why does the way of the wicked prosper? Why do all who are treacherous thrive?

2 Cor. 12:7b-9a—...a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. ⁸ Three times I pleaded with the Lord about this, that it should leave me. ⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

Heb. 5:7—In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence.

- Bringing a complaint before God often includes asking questions.

Psa. 42:9a—I say to God, my rock: “Why have you forgotten me? Why do I go mourning...”

Hab. 1:2-3—² O Lord, how long shall I cry for help, and you will not hear? Or cry to you “Violence!” and you will not save? ³ Why do you make me see iniquity, and why do you idly look at wrong?

Rom. 7:24—Wretched man that I am! Who will deliver me from this body of death?

Rev. 6:9-10—⁹ When he opened the fifth seal, I saw under the altar the souls of those who had been slain for the word of God and for the witness they had borne. ¹⁰ They cried out with a loud voice, “O Sovereign Lord, holy and true, how long before you will judge and avenge our blood on those who dwell on the earth?”

Key Point: To express our grievances and complaints before the Lord in faith is a proper act of worship for the believer.

“Through godly complaint, we are able to express our disappointment and move towards resolution. We complain on the basis of our belief in who God is and what he can do.”—Mark Vroegop

Psalm 10 — The Lament of Those Who Witness & Suffer Under Evil

- **The psalmist turns to the Lord and asks questions in light of what he feels and observes. (vv.1,13)**
“Why, O Lord, do you stand far away? Why do you hid yourself in times of trouble?”
“Why does the wicked renounce God and say in his heart, “You will not call to account”?”
- **The primary focus of his lament is on the actions of the “wicked” against others. (vv. 2-11)**
“the wicked”— רָשָׁא (râshâ)—morally wrong; an (actively) bad person:— condemned, guilty, ungodly, a wicked (person), that has done wrong.
⇒ All around he sees those who are “wicked” in their attitudes:

⇒ They are also characterized by “wicked” actions:
- **The psalmist calls upon the Lord to act and to execute judgment upon these evil-doers. (vv. 2,12-15)**
 - (1) He calls upon God to display His power to rescue the afflicted (v.12)
 - (2) He declares that the arrogant thoughts of the wicked are misplaced (vv.13-14)
“But you do see, for you note mischief and vexation”
 - (3) He prays imprecations against the wicked.
“In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised.”
“Break the arm of the wicked and evildoer; call his wickedness to account till you find none.”
- **The psalmist declares what he knows to be true of the Lord. (vv.16-18)**
 - (1) The Lord is the eternal king who defends His people.
 - (2) The Lord hears His people and will give them the strength needed to endure hardship.
 - (3) The Lord will ultimately avenge His people against the “Earth-Dwellers.”

Key Point: In Lament, our questions and complaints are offered alongside declarations of faith and trust.

Concluding Thoughts

1. In a fallen world, it often seems that unbelievers thrive and prosper.
2. When we suffer because of others, we do well to entrust ourselves to the Lord.
1 Pet. 2:24—When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.
3. As we observe evil in the world and experience its effects personally we must keep in mind:
 - Vengeance belongs to the Lord (Rom. 12:19)
 - It is good and right to pursue justice and to restrain evil (Rom. 13:4)