

LAMENT

WORSHIP IN SEASONS OF SORROW

Part 4

“Lament: Asking in Faith”

— PSALM 22 —

February 22, 2026

Introduction: The Opposite of Love

Main Point: Lament necessarily involves moving past our questions so that we may _____ boldly for God to _____ in our circumstances.

Who are we before the Lord?

- The term “_____” is used repeatedly throughout Scripture to humble us before the Lord.

Gen. 3:19—By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.”

Gen. 18:7—Abraham answered and said, “Behold, I have undertaken to speak to the Lord, I who am but dust and ashes.”

Job 42:5-6—⁵I had heard of you by the hearing of the ear, but now my eye sees you; ⁶therefore I despise myself, and repent in dust and ashes.”

- The Lord is mindful of our humble estate and graciously makes _____ for us.

Psa. 113:7—He raises the poor from the dust and lifts the needy from the ash heap,

Isa. 26:19—Your dead shall live; their bodies shall rise. You who dwell in the dust, awake and sing for joy! For your dew is a dew of light, and the earth will give birth to the dead.

1 Cor. 15:48-49—⁴⁸As was the man of dust, so also are those who are of the dust, and as is the man of heaven, so also are those who are of heaven. ⁴⁹Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.

Key Point: To acknowledge our position before the Lord is to remind ourselves of our _____ upon Him.

The Petitions of Lament

1. Please _____, Lord!

Psa. 10:12—Arise, O Lord; O God, lift up your hand; forget not the afflicted.

2. _____ us, O Lord!

Psa. 60:11-12—¹¹Oh, grant us help against the foe, for vain is the salvation of man! ¹²With God we shall do valiantly; it is he who will tread down our foes.

3. Remember your _____ I

Psa. 25:6—Remember your mercy, O Lord, and your steadfast love, for they have been from of old.

4. Bring about your _____ I

Psa. 17:13—Arise, O Lord! Confront him, subdue him! Deliver my soul from the wicked by your sword...

5. Be merciful in light of my _____ I

Psa. 51:1—Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.

6. _____ us!

Psa. 80:3—Restore us, O God; let your face shine, that we may be saved!

7. Please _____ me!

Psa. 28:2—Hear the voice of my pleas for mercy, when I cry to you for help, when I lift up my hands toward your most holy sanctuary.

8. _____ me, O Lord!

Psa. 86:11—Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name.

9. _____ me!

Psa. 35:23-24—²³Awake and rouse yourself for my vindication, for my cause, my God and my Lord! ²⁴Vindicate me, O Lord, my God, according to your righteousness, and let them not rejoice over me!

Key Point: We bring our petitions before the Lord because of our _____ in Him to both hear and act.

Psalm 22 — The Lament of the One Who Feels Abandoned

- **The psalmist turns to the Lord and asks questions out of the _____ of his circumstances. (vv.1-2,14-15)**
“My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning?”
“I am poured out like water...my strength is dried up...you lay me in the dust of death”
- **He is experiencing _____ at the hands of his enemies. (vv. 6-8, 12-13, 16-18)**
 - ⇒ He is being attacked verbally:

 - ⇒ He is being attacked physically:
- **In spite of this, he declares what he knows to be _____ of the Lord. (vv.3-5, 9-11) Key Word: “_____/_____”**
 - (1) The Lord is _____ and _____ in the sanctuary where His people worship.
 - (2) He has been faithful to past _____.
 - (3) He has been faithful throughout the psalmist’s own _____.
- **He then makes his _____ known to the Lord. (vv. 11, 19-21)**
 - (1) He asks to know the Lord’s presence with him! →
 - (2) He asks for the Lord to act on his behalf! →
 - (3) He asks for the Lord’s deliverance from his enemies! →
- **He reflects on how he can give _____ of God’s faithfulness to others. (v. 22-26)**
“I will tell of your name to my brothers; in the midst of the congregation I will praise you:”
- **He has _____ in light of the future work of God to restore and rule over the nations.**
“For kingship belongs to the Lord, and he rules over the nations.”
“...before him shall bow all who go down to the dust, even the one who could not keep himself alive.”

Key Point: We should not hesitate to call upon the Lord and to ask boldly of Him even in the midst of circumstances that seem _____.

“Pain has a way of awakening us to our need for God’s help. It shines a spotlight on our powerlessness to control everything. We are never more aware of our frailty than when hardship comes our way. This is one of the blessings of suffering if we allow lament to lead us.” —Mark Vroegop

Concluding Thoughts

1. We do well to reflect often on our true _____ and the fallen nature of the world around us.
2. We do well to remember that the Lord Jesus was a man of _____, well acquainted with _____.

Isa. 53:4-5—⁴ Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. ⁵ But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.

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 - ⇒ He is being attacked verbally:

 - ⇒ He is being attacked physically:
- **In spite of this, he declares what he knows to be true of the Lord. (vv.3-5, 9-11) Key Word: “Yet/But”**
 - (1) The Lord is holy and ruling in the sanctuary where His people worship.

 - (2) He has been faithful to past generations.

 - (3) He has been faithful throughout the psalmist’s own life.
- **He then makes his requests known to the Lord. (vv. 11, 19-21)**
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