



**Sermon Outline**  
**October 4, 2020**  
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**Anxious for  
Nothing -  
Celebrate God's  
Character**

The anxiety of the human heart can be generated from a wide variety of sources. People are all different regarding what pressures them, what obstacles confront their lives, and the length of time that pressure situations drag on.

In this series, we are putting on the table for our learning and encouragement the anxious heart, the anxious life... and asking, praying, that God would show Himself to us in new ways, sustaining ways, strengthening ways, redeeming ways.

Lamentation 3:21-24

*<sup>21</sup> Yet this I call to mind and therefore I have hope: <sup>22</sup> Because of the LORD's great love we are not consumed, for his compassions never fail. <sup>23</sup> They are new every morning; great is your faithfulness. <sup>24</sup> I say to myself, "The LORD is my portion; therefore, I will wait for him."*

1. The prayers of Lament are \_\_\_\_\_.
2. The prayers of Lament draw us upward \_\_\_\_\_  
\_\_\_\_\_.
3. God's sovereign movements are granted in \_\_\_\_\_  
\_\_\_\_\_.

**Learning what Lament is!**

Lament is essentially a prayer in pain where I turn to God. I take my pain and as I live between the poles of a hard life and trusting in God's sovereignty, lament is the means by which I move from the...this is really hard, and my spirit is grinding, and yet God is good and no matter how many times I cry or yell or grunt my disgust...God is Good!--even if I cannot see it from this moment. Prayers of Lament fill this precious space!

To lament is to express deep sorrow, grief, or regret. The psalms of lament are **beautiful poems or hymns giving language to human struggles**. These psalms are prayers that lay out a troubling situation to the Lord and make a request for His help.

**For further reading:**

Lamentation Chapters 1-5

Some Psalms of Lament

For the individual:

Psalm 13

Psalm 25:1-2;16-21

Psalm 31:1-5;9-16

Psalm 86:1-4;14-17

Laments of the Church body:

Psalm 12