

GRACE BIBLE CHURCH LORTON

The Cries of a Hurting Heart

Various Scriptures

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The lament of Psalm 44 offers four truths that God's people can cling to in suffering.

Nearly 60 of the psalms are lament psalms. *Lament* translates Hebrews words that mean mourning, wailing, or weeping (cf. Jeremiah 4:8).

Because we are human, we lament over pain and suffering.

Because we are made in God's image, we lament over suffering caused by evil.

As believers, made new in the image of Christ, we lament our own sin, and the hurt and pain caused by our sin.

Four Truths to Cling to While Suffering

1. **Cling to the Truth that God Redeems (44:1-8).** The Lord has showed His power and saved His people many times in the past, so we can have confidence in Him and praise Him in our pain now.

2. **Cling to the Truth that God is IN Our Suffering (44:9-16).** Even when we don't understand why, we can know that God has ordained our suffering for good and wise purposes.

3. **Cling to the Truth that God Calls us to Faithfulness, even when we are Suffering (44:17-22).**

We can expect to suffer for doing good.

4. **Cling to the Truth that God Desires to Hear the Cries of Your Heart (44:23-26).**

Explaining the psalmist's strong words and questions...

A. The psalmist exhorts God's people to persist in passionate prayer.

B. The psalmist reminds God's people to rest in God's steadfast love.

Questions to Consider

1. What were some of the hardest moments you experienced in 2020? How did you respond to them?
2. Throughout the Bible, God's people frequently recount His faithfulness and His mighty deeds. Why is history so important to believers?
3. Take a moment to reflect on God's faithfulness to you in 2020. What are some ways that you saw God's redeeming power at work this past year? Make note of them and share them with someone else, to encourage your confidence in the Lord and to give Him the praise He deserves.
4. What's wrong with trying to remove God from being sovereign even over our suffering? How does God's sovereignty supply help and comfort to our suffering?
5. What are some of the means God has supplied to enable you to remain faithful to Him even during times of suffering?
6. Psalm 44:23-26 is a difficult passage. How might we explain the strong words and the questions that are directed at God?
7. Think about your own prayer life. Does it sound like Psalm 44 in terms of recounting God's faithfulness, expressing confidence in Him, speaking honestly about your suffering, and resting in God's sovereign purposes and steadfast love?

Recommended for further reading: *Dark Clouds, Deep Mercy: Discovering the Grace of Lament* (2019) by Mark Vroegop