“A Pattern of Lament”

*Psalm 42-43*

Sermon Outline

Big Idea: The way through the desert of despair is to turn to God, complain about your circumstances, ask for deliverance, and trust God’s promises.

**Why Lament?**

**The Pattern of Lament**

1. *Turn to God* (Key Reference—Mt 11:28, Isa 55:1)
2. *Complain About Your Circumstances* (Key Reference—Ps 22:1, Mt 27:46, Mt 26:38-39)
3. *Ask for Deliverance* (Key Reference—Mt 7:8-11, Rom 8:15-17, Heb 4:16)
4. *Trust God’s Promises* (Key Reference— John 3:16, Eph 2:4-5, 1 John 4:10, Phil 1:19-21)