

SOJOURNERS AND EXILES

A JOURNEY THROUGH FIRST PETER



HOW TO LAMENT YOUR SORROWS

April 26, 2026

David Hinkle

1 PETER 4:19

¹⁹ Therefore let those who suffer according to God's will entrust their souls to a faithful Creator while doing good.

PSALM 62:1-8

¹ For God alone my soul waits in silence;
from him comes my salvation.

² He alone is my rock and my salvation,
my fortress; I shall not be greatly shaken.

³ How long will all of you attack a man to batter him,
like a leaning wall, a tottering fence?

⁴ They only plan to thrust him down from his high position.
They take pleasure in falsehood.

They bless with their mouths,
but inwardly they curse. Selah

⁵ For God alone, O my soul, wait in silence,
for my hope is from him.

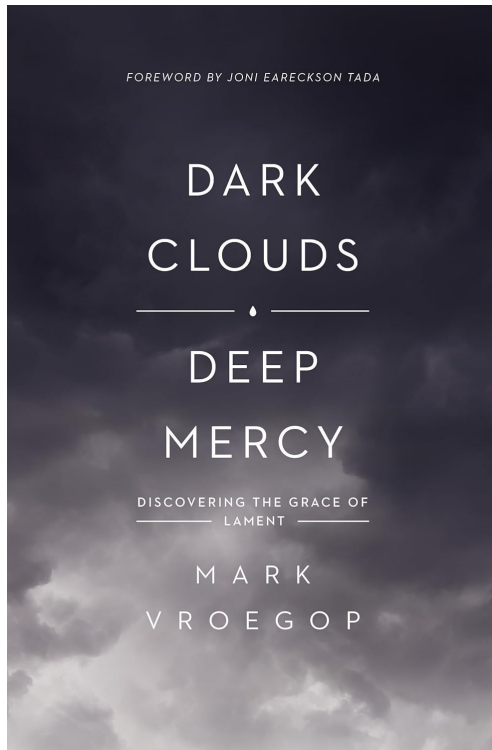
⁶ He only is my rock and my salvation,
my fortress; I shall not be shaken.

⁷ On God rests my salvation and my glory;
my mighty rock, my refuge is God.

⁸ Trust in him at all time, O people;
pour out your heart before him;
God is a refuge for us. Selah

SUMMARY

Our sorrows are not meant to be stuffed down deep inside or covered over with a facade of positivity. Unlamented pain and loss will inevitably surface in unhealthy or potentially harmful ways that affect us and those around us. God has graciously provided lament, a form of prayer that expresses our hurts as well as our trust in Him. We will look at a dangerous myth, a precious truth, and a helpful way to lament in the midst of our hurts and suffering.



Dark Clouds Deep Mercy, pg. 28

“Lament is a prayer of pain that leads to trust.”

Dark Clouds Deep Mercy, pg. 31

To pray in pain, even with its messy struggle and tough questions, is an act of faith where we open up our hearts to God. Prayer lament is better than silence.

A DANGEROUS MYTH:

Questions, fear, and doubt mean your faith is weak.

A PRECIOUS TRUTH:

The Spirit and the Son intercede for us to the Father.

Romans 8:26-27

²⁶ Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. ²⁷ And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Romans 8:34

³⁴ Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.

A HELPFUL WAY TO LAMENT:

Turn | Psalm 62:1-8

Complain | Psalm 62:3-4, Psalm 77:7-9

Ask | Arise, O Lord! Help! Remember Your Promise(s)! Don't be silent!

Trust | Psalm 62:5-8

Dark Clouds Deep Mercy, pg. 102-103

“More than just providing comfort and help in our times of sorrow, the grace of lament helps tune our hearts to the pain of others and to the foundational truths about God and the world...Lament gives you eyes to see the brokenness around you.”

DISCUSSION QUESTIONS

1. What is a good book that you have read recently or listened to?
2. "Questions, fear, and doubt mean your faith is not strong." Do you agree that this a dangerous myth for Christians to believe? Why?
3. How have you seen unlamented or unprocessed sorrows bring unhealthy, unhelpful results?
4. What precious truth is found in Romans 8:26-27, 34 that can be a source of great comfort?
5. Read 1 Peter 4:19 and Psalm 62:1-8. Why is lament an essential practice in the life of a Christian?
6. What is the purpose of each stage of the lament process (Turn, Complain, Ask, and Trust) presented in the sermon?
7. How would you answer someone who says, "There is no place for complaining as a person of faith."?
8. What unlamented sorrows are you carrying that your group can pray for?
9. What was most timely for you from the message or passages studied this week?

To listen to this or any other sermon, visit tomballbible.church/sermons.