

Growing In Christ Through Times of Crisis



Christ Followers in Crisis

What attitude does the Bible hold toward suffering?

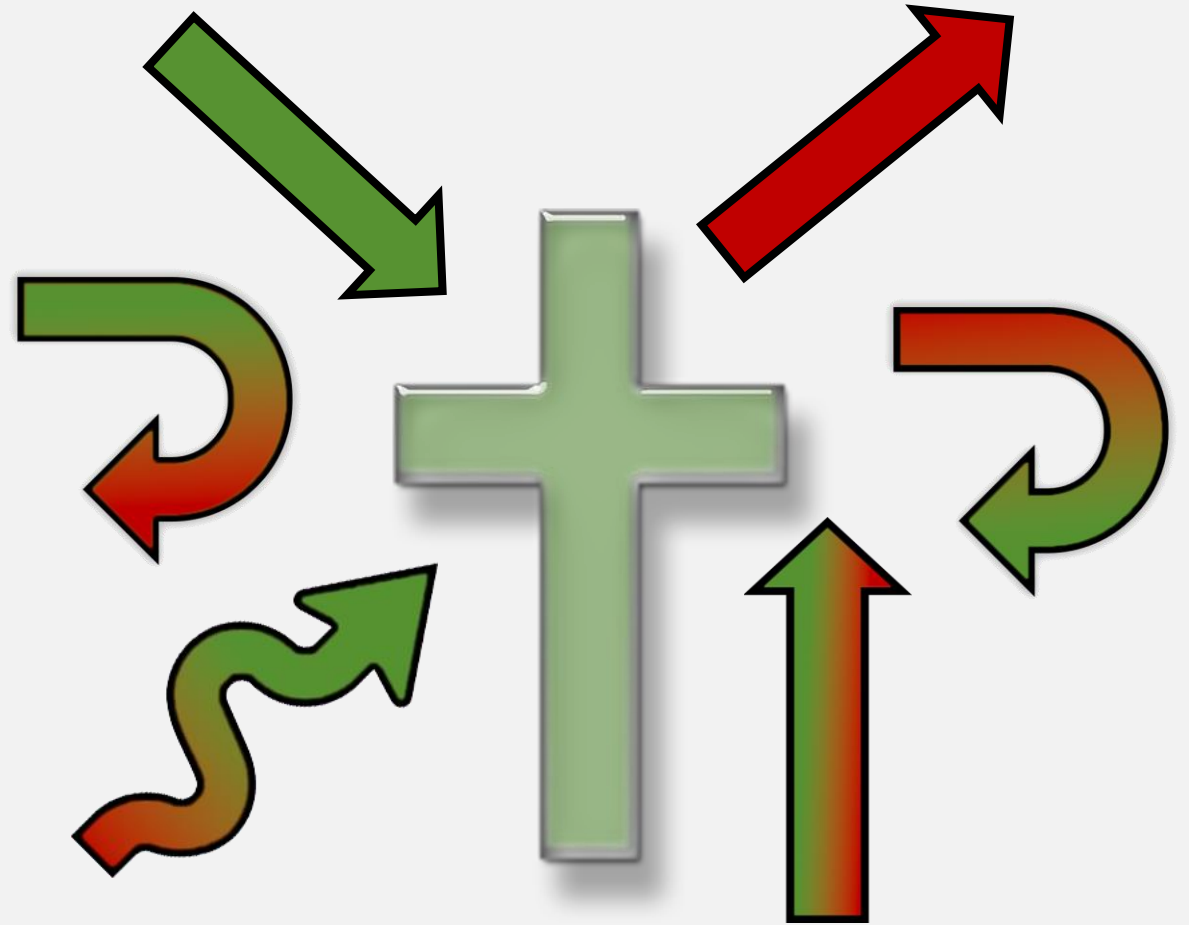
How do we get these truths from our heads to our hearts and into our responses?

How do **you** tend to respond in times of crisis?



One of the most important questions we can ask in a time of crisis:

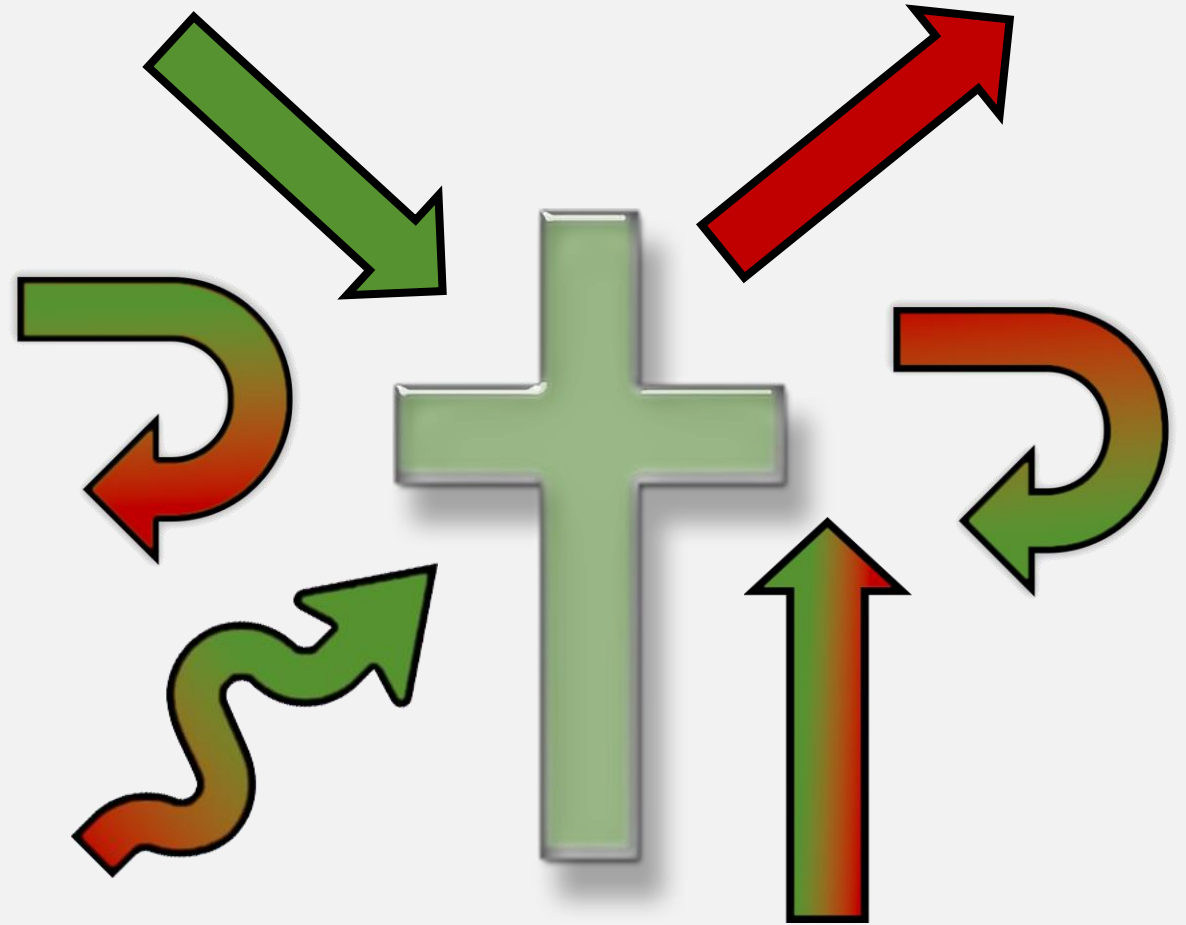
In what ways do I tend to move toward God or away from Him?



One of the most important questions we can ask in a time of crisis:

In what ways do I tend to move toward God or away from Him?

- What can we do that will move us toward God?
- How can we help others seek God in their crisis?



Turning Toward God in Crisis

Two Biblical Examples:

Jehoshaphat's Prayer
II Chronicles 20:5-12

A Psalm of David
Psalm 13:1-6



Jehoshaphat's Story

2 Chronicles 20:1-30

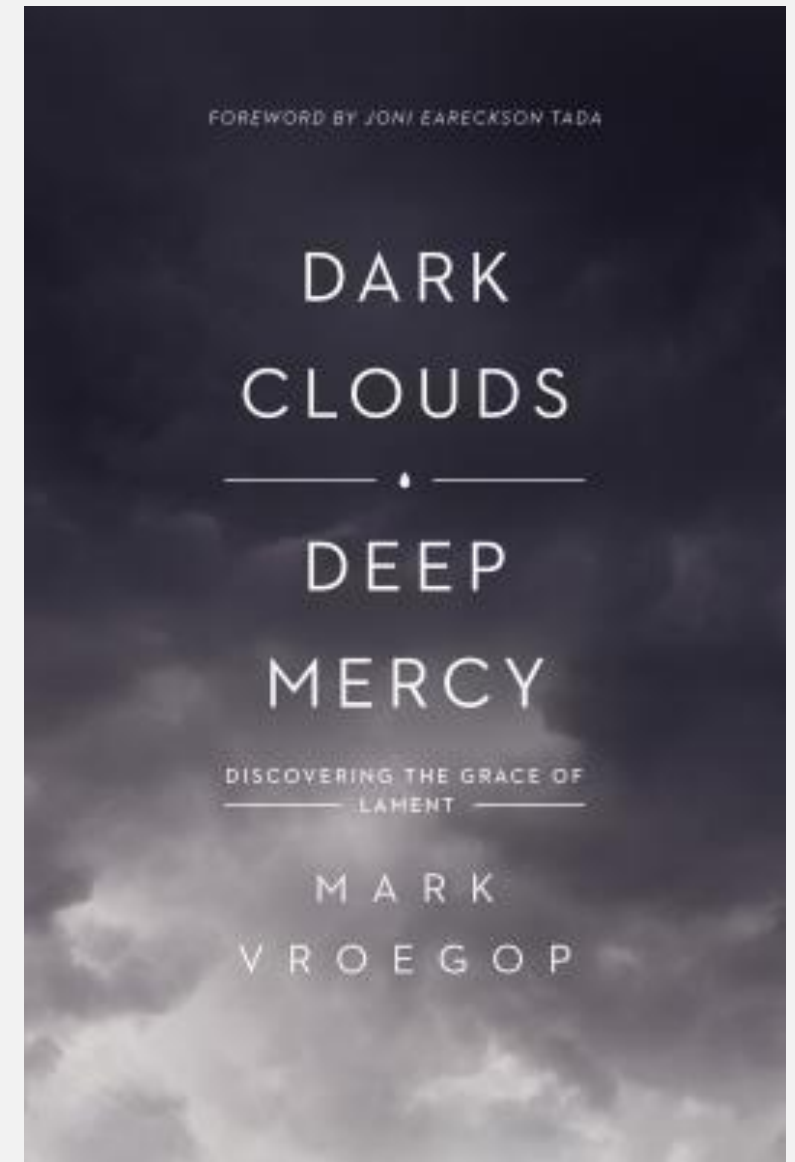


Biblical Lament

A tool for growing toward God in times of crisis

Dark Clouds - Deep Mercy
Discovering the Grace of Lament
by Mark Vroegop

Lament is heartfelt, honest conversations
with God through the struggles of life.



Biblical Lament

A Prayer in Pain That Leads to Trust

The four key elements of a Biblical Lament:

- 1) Turning in Prayer.
- 2) Bringing our Complaints.
- 3) Asking Boldly.
- 4) Expressing Trust.

Turn

Complain

Ask

Trust

Turning toward God in Prayer

Lament invites us to cry out to God; to move toward Him in prayer even while we are still in pain.

Consider Jehoshaphat and David.

What did it look like for them to turn to God in prayer?

Turn

Complain

Ask

Trust

Turning toward God in Prayer

What does it look like when you turn toward God in hard times.



Turn

Complain

Ask

Trust

Bringing our Complaints

Lament invites us to bring our complaints to God

It is an opportunity to give voice to our hardest questions

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Bringing our Complaints

Lament invites us to bring our complaints to God

It is an opportunity to give voice to our hardest questions

Where are you God?

Why???

How can a good God allow this?

If you love me, why is this happening?

What did I do to deserve this?

*Why me?
Why them and not me?*

Turn

Complain

Ask

Trust

Identify the Complaints in Jehoshaphat's prayer and in Psalm 13

Turn

Complain

Ask

Trust

How to Complain the Right Way

Come in Humility

Pray the Bible

Be Honest

Don't Just Complain



Turn

Complain

Ask

Trust

Asking Boldly

Lament invites us to call upon God to act in accordance with his character.



“We stake our claim on what God has promised to do”

Turn

Complain

Ask

Trust

Identify the Bold Asking in David's Psalm and Jehoshaphat's prayer

Turn

Complain

Ask

Trust

What Should We Ask For?

"Arise, O Lord!" Plead with God to fix what is wrong in the world.

"Grant us help" Ask for support, rescue, strength, & deliverance.

"Remember your covenant." Ask God to be true to his promises.

"Let justice be done." Pray for the punishment of the wicked.

"Don't remember our sins." Seek forgiveness for ourselves and others.

"Don't be silent, but listen" Cry out for God to hear and respond.

"Teach me" Pain can be a unique opportunity for spiritual growth.

Turn

Complain

Ask

Trust

Expressing Trust

Reaching out to God in prayer,
Laying our complaints before Him,
Boldly asking for help,

All of these were meant to bring us to this point: To turn our hearts toward God in expressions of trust and praise.



Turn

Complain

Ask

Trust

How do David and Jehoshaphat express their trust in the Lord?

Turn

Complain

Ask

Trust

Why is Lament Important?



LAMENT INVITES US TO GRIEVE AND TRUST, TO STRUGGLE AND BELIEVE

Why is Lament Important?

- Process grief in God's presence
- Points the heart to Truth
- Biblical lament can be transformative
- Lament is a prayer of faith despite our fear
- Lament gives us words when we have none
- Lament is a path for our grief
- God can and wants to meet us in our grief
- Lament grants us permission to wrestle with sorrow instead of rushing to end it
- Lament is how you live between the poles of a hard life and trusting in God's sovereignty and goodness.



LAMENT INVITES US TO GRIEVE AND TRUST, TO STRUGGLE AND BELIEVE

Embracing The Hope of the Gospel

Trust is believing what you know to be true even when suffering calls that belief into question.

As lament turns us toward God in trust, we wrap the hope of the gospel around our suffering.



Practicing Biblical Lament:

Write a prayer, a poem or draw a picture that springs from pain but leads to trust.

Using Psalm 13 as a model, write your own prayer of lament.

Remember the four key elements of a Biblical Lament:

- 1) Turning in prayer.
- 2) Bringing our complaints.
- 3) Asking Boldly.
- 4) Expressing Trust.

Psalm 13: Choosing to Trust

How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

²How long must I take counsel in my soul
and have sorrow in my heart all the day?

How long shall my enemy be exalted over me?

³Consider and answer me, O LORD my God;
light up my eyes, lest I sleep the sleep of death,

⁴lest my enemy say, "I have prevailed over him,"
lest my foes rejoice because I am shaken.

⁵But I have trusted in your steadfast love;
my heart shall rejoice in your salvation.

⁶I will sing to the LORD,
because he has dealt bountifully with me.



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**If you have questions or comments related
to this presentation, please email:**

Katrina.welch@efca.org

Gail.degray@efca.org