

THRIVE LUNCH

Lunch 2: Suffering, Lament and the Life of a Christ-follower

Dr. Warstler



1) What is your role here at Criswell College and how long have you served here?

2) How do you describe the BABS Program? What is unique about Bible Studies here at Criswell? Why are you so passionate about and invested in the Scriptures and the students of Criswell?

3) What skills, benefits and job opportunities does the BABS Program offer?

Suffering, Lament and the Life of a Christ-follower

A few definitions:

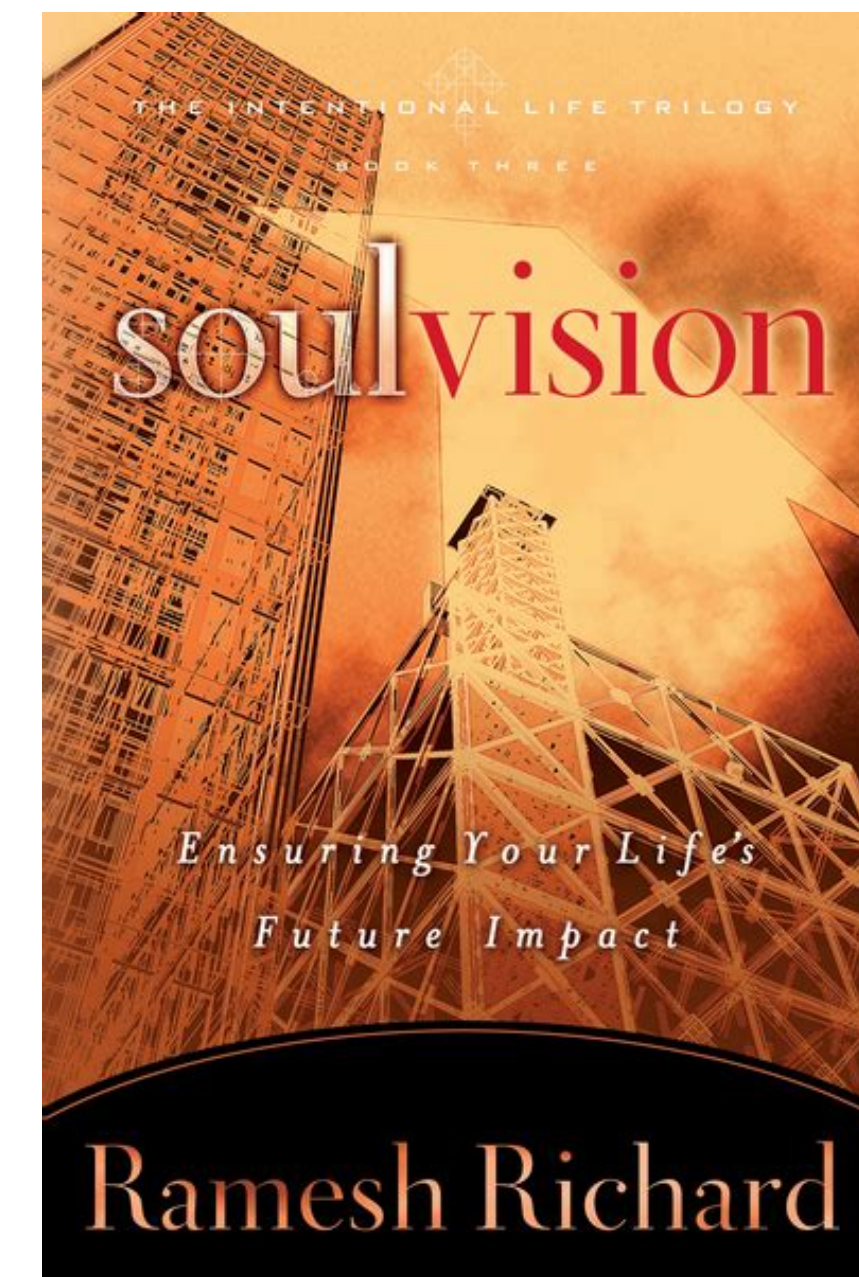
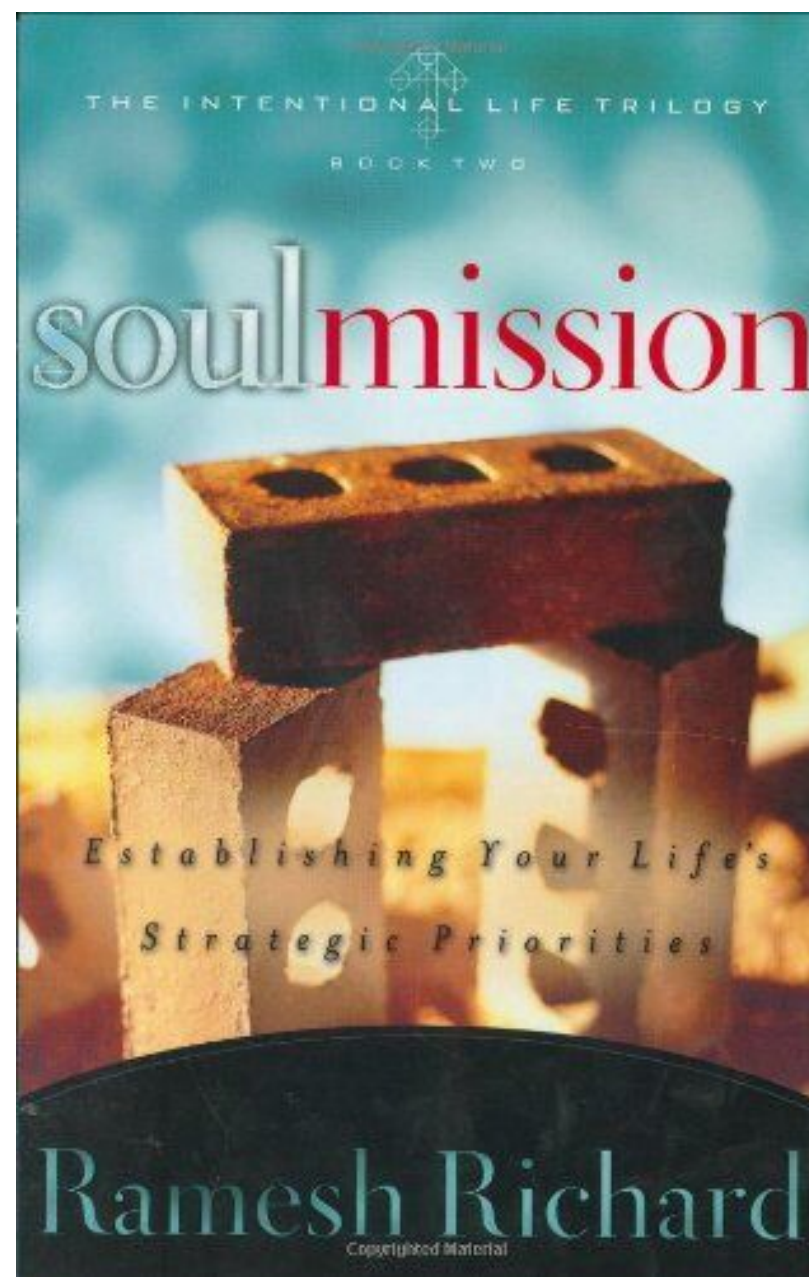
Grief/Sorrow- the uneasiness or pain of mind which is produced by the loss of any good- real or supposed- or by disappointment in the expectation of good; grief; regret

Suffering- to feel or undergo pain; to undergo as punishment; not only includes physical pain, but also psychological, social, and spiritual factors— inescapable in the fallen world; essential to learning/experiencing, growing faith

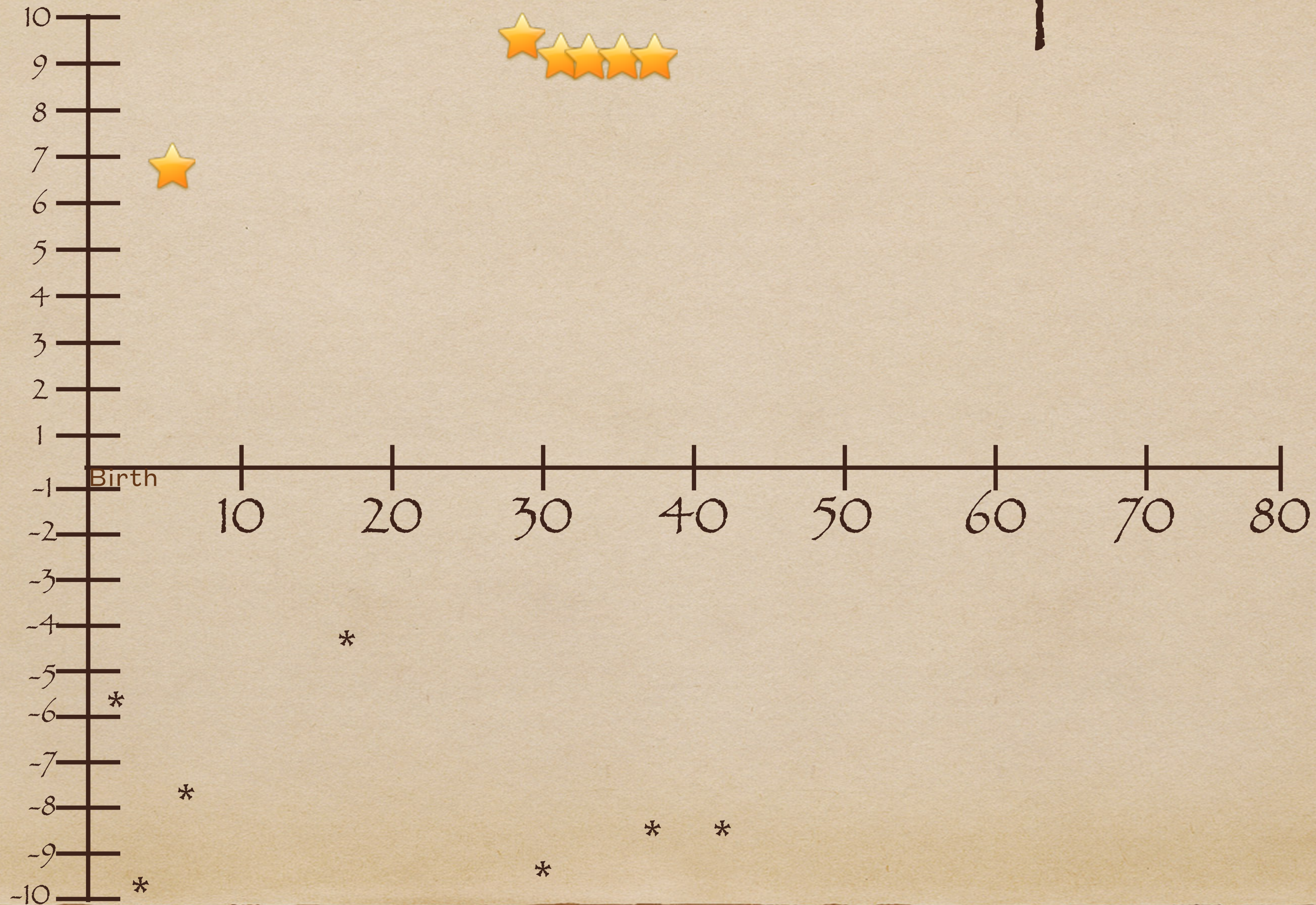
Lament- grief or sorrow expressed in cries, mourning, wailing, weeping and/or complaint; involves both allowing one to feel sorrow and expressing sorrow in words or non-verbal expression

The “Star & Scar Map”

The Intentional Life Trilogy by Dr. [Ramesh P. Richard](#):



Star - Scar Map



Dr. Warstler

1) What is one of the earliest positive, happy moments you can remember?

2) What is one of the earliest scarring memories you can remember?

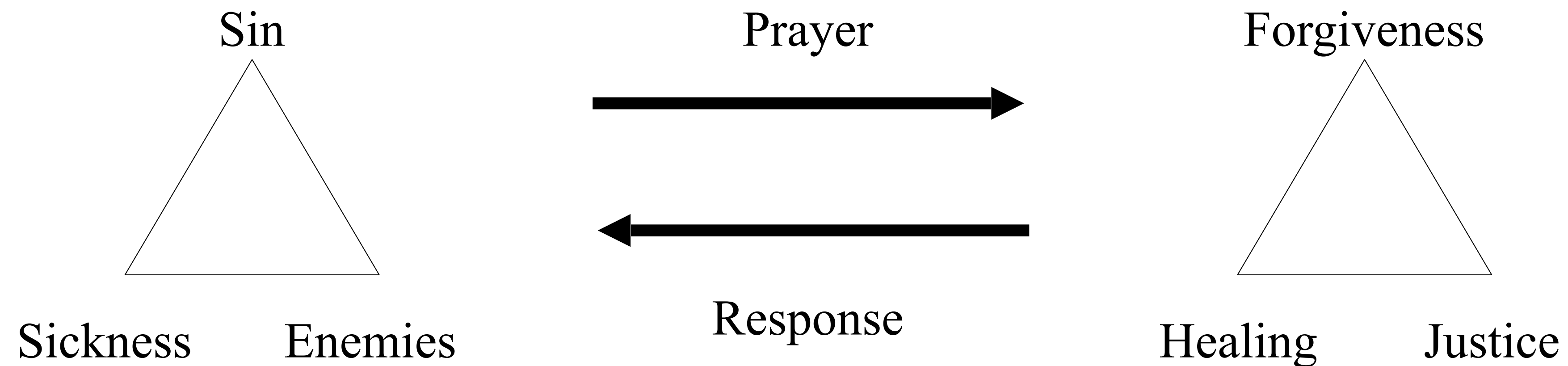
3) Do you (or have you ever) consider(ed) yourself in the category of either a Widow, Orphan, or Alien/outsider/oppressed?

The Psalms

Type of Action	Psalm Types	Depicting
Orientation	Hymn (Praise)	Ideal
Disorientation	Lament (Prayer)	Ideal vs. Reality
Reorientation	Thanksgiving (Praise)	Reality in Relation to the Ideal

Lament Psalms

More than 1/3 of the Psalms
Focus on Human Needs and not God's Works
The Conflict between Theology and Reality
Ambiguity of Circumstance and Need



Psalm 6

A Psalm of Disorientation

To the choirmaster: with stringed instruments; according to The Sheminith.

A Psalm of David.

- 1 O Lord, rebuke me not in your anger,
nor discipline me in your wrath.
- 2 Be gracious to me, O Lord, for I am languishing;
heal me, O Lord, for my bones are troubled.
- 3 My soul also is greatly troubled.
But you, O Lord—how long?
- 4 Turn, O Lord, deliver my life;
save me for the sake of your steadfast love.
- 5 For in death there is no remembrance of you;
in Sheol who will give you praise?
- 6 I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping.
- 7 My eye wastes away because of grief;
it grows weak because of all my foes.
- 8 Depart from me, all you workers of evil,
for the Lord has heard the sound of my weeping.
- 9 The Lord has heard my plea;
the Lord accepts my prayer.
- 10 All my enemies shall be ashamed and greatly troubled;
they shall turn back and be put to shame in a moment.

HOW TO WRITE YOUR OWN PSALM



The purpose of this document is to help you write and pray your own psalms. There is no one right way to do this. The goal is to express your heart in an unedited way. Writing and praying your own psalms will help integrate your mind and liberate your heart. There are four elements to many Psalms: intimate address, complaint, petition, and words of reorientation.

Intimate Address

Begin by naming God in a particularly intimate way, such as “my God” or “God of my rescue.”

Examples

LORD, my God. Psalm 7

LORD, God of my rescue. Psalm 88

Complaint

Tell God just how troubled your life really is, as you name with specificity what the difficulty is this particular day. The goal is to recruit God into the trouble.

Examples

My God, my God, why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest. Psalm 22

Give ear to my prayer, O God, and hide not yourself from my plea for mercy! Attend to me, and answer me; I am restless in my complaint and I moan, because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me. Psalm 55

Petition

Pour out your desire by making an unedited request, such as “turn, pay attention, rescue!” The goal is to mobilize God into action.

Examples

To You, O LORD, I call. Hear the sound of my pleading when I cry out to You. Psalm 28

Awake, why sleep, O Master! Rise up, neglect not forever. Why do You hide Your face, forget our affliction, our oppression? For our neck is bowed to the dust, our belly clings to the ground. Rise as a help to us. Psalm 44

Hide not Your face from me on the day when I am in straits. On the day I call, quickly answer me. Psalm 102

Words of Reorientation

Reorient yourself to what is promised and toward which you are going to orient your life today. Words of reorientation sometimes assert things that have not yet come to pass.

Examples

But I trust in your unfailing love, my heart exalts in your rescue. Psalm 13

I say of the LORD, “My refuge and fortress, my God in whom I trust.” Psalm 91

Following are excerpts from *Psalms of Lament* by Ann Weems (Westminster John Knox Press, 1999).

Lament Psalm Ten

O God, I can't stand it!
I cry to the point of exhaustion;
my head aches unceasingly;
my heart feels as though it will fall from my chest
Over and over I scream your name,
but you do not answer...
and you do not come...
and I cannot stand it.

Lament Psalm Eleven

Don't I belong to you anymore, O God?
Don't you claim me as one of your people?
Have you had a change of heart?
Have you turned against me?
Did I do something unforgivable?
O God, remember to remember...
Do not leave me, for you are my God and I belong to you.

Lament Psalm Twelve

O God, what am I going to do?
He's gone—and I'm left with an empty pit in my life.
I can't think. I can't work.
I can't eat. I can't talk.
I can't see anyone.
I can't leave my house.
Nothing makes any sense.
Nothing seems worth doing.
How could you have allowed this to happen?
I thought you protected your own...
Holy one, I am confident that you will save me.
You are the one who heals the brokenhearted and binds their wounds.

<https://adamyOUNGcounseling.com/free-documents/>

Dr. Warstler's Recommended Resources

- Brueggemann, Walter. *The Psalms & the Life of Faith*. Fortress Press, 1995.
 - Thompson, Michael E.W. *Where is the God of Justice? The Old Testament and Suffering*. Pickwick Publications, 2011.
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Related Resources

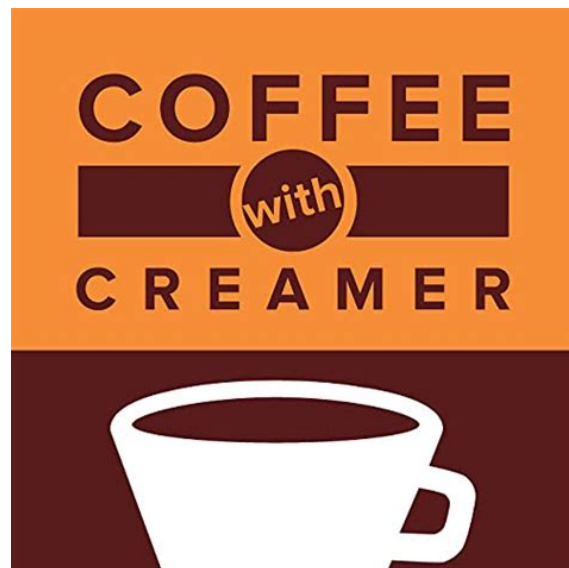
Books

- Allender, Dan & Loerzel, Cathy. *Redeeming Heartache: How Past Suffering Reveals Our True Calling*. Zondervan, 2021.
 - Elliot, Elizabeth. *Suffering is Never for Nothing*. B&H Books, 2019.
 - Keller, Timothy. *Walking with God through Pain & Suffering*. Penguin Random House, 2013.
 - Lewis, C.S. *A Grief Observed*. N.W. Clerk, 1961.
 - Spurgeon, C.H. *God's Purpose for Your Suffering*. Crosspoints Books, 2023.
 - Tripp, Paul D. *Suffering: Gospel Hope When Life Doesn't Make Sense*. Crossway, 2018.
 - Wolterstorff, Nicholas. *Lament for a Son*. Wm. B. Eerdmans Publishing Co, 1987
-

Related Resources

Podcasts

- Allender, Dan. Allender Center Podcast.
- Creamer, Barry. Coffee with Creamer.
 - *Ep.4 “Rare and Unresearched”*
 - *Ep.42 “Our Problem with the Problem of Evil: Part 1”*
 - *Ep.43 “Our Problem with the Problem of Evil: Part 2”*
 - *Ep. 86 “Belonging via Rejection”*
- Young, Adam. The Place We Find Ourselves.



Hope you join us at our next lunch in two weeks on Thursday, 21st of September at 11:00a.m. as we speak about Life Mission and a creating a Personal Development Plan.
