

## **Help, Lord, I'm drowning**

The lamenting path of pain to praise  
Jonah 2 (p. 754); Psalms 13, 51, 64 (p. 436)

### **5 STEPS OF LAMENT**

- I. Come to God in prayer. The first step is turning it from inward pain to upward prayer.
- II. Bring your complaints to God by acknowledging the pain, the ramifications of the pain, the confusion of the pain, the frustration of the pain, and the whys of the pain. (The "Why, God, I don't understand.")
- III. Make a request to God by asking Him to rectify/vindicate/heal/comfort you in the pain.
- IV. Choose to trust God's heart in the midst of the pain. Acknowledge His character. God is good. God is faithful. God is trustworthy. God provides. God is sovereign.
- V. Choose to worship God in the pain.