

Learning to lament 2: Bring your questions to God

Sometimes the circumstances that God gives us are so difficult that we feel abandoned by Him, as though he's rejected us. When we hit those times we are not alone! Listen to the anguish of this believer as he continues to pour out his heart to God in Psalm 77:

- ⁵I thought about the former days,
the years of long ago;
⁶I remembered my songs in the night.
My heart meditated and my spirit asked:
⁷“Will the Lord reject forever?
Will he never show his favour again?
⁸Has his unfailing love vanished forever?
Has his promise failed for all time?
⁹Has God forgotten to be merciful?
Has he in anger withheld his compassion?”

V5-6 He takes time to reflect upon his past experience of God. He is thinking about happier times when he sang of God's love and his promises, perhaps with God's people gathered (as opposed to in his living room on Zoom!).

But this brings no relief. v7-9 as he thinks about the words of some of the songs he used to sing which lifted his heart, those same words seem to him like empty phrases, leading him to ask six pointed questions about God, his character, his promises that show us how he feels about God right now.

He knows in his head what is true about God, he can remember the truths he has sung, but in his heart, in his experience of life, it just seems so different.

This psalm encourages us that when we feel this 'gap' we should bring our questions about God to God in prayer. He knows how we feel. He knows what we are thinking anyway! So, learn to bring your questions to him and wrestle them through with him. This takes time. But it is worth it. For as we do this we find that He will grow our trust in Him and His holy ways, as we will see in the next section of the psalm.