

Burnout often leads to bad decisions, bruised relationships, and broken boundaries.

Today's Key Idea:

- Battling burnout happens when we learn to _____.
 - Lament is a passionate expression of grief or sorrow.
 - To cry is what it means to be human but to lament is what it means to be a Jesus follower.

How do you lament?

1. _____ to God.
2. Bring your _____.
3. Ask for _____.
4. Choose to _____.

How long, Lord? Will you **forget** me forever? How long will you **hide** your face from me? 2 How long must I wrestle with my **thoughts** and day after day have **sorrow** in my heart? How long will my enemy triumph over me? **Look** on me and **answer**, Lord my God. Give light to my eyes, or I will sleep in death, 4 and my enemy will say, "I have overcome him," and my foes will rejoice when I fall. But I **trust** in your unfailing love; my heart rejoices in your salvation. 6 I will sing the Lord's praise, for he has been **good** to me. Psalms 13:1-6

"Laments turn toward God when sorrow tempts you to run from him." Mark Vroegop

"We can say that a complaint is an accusation against God that maligns His character, but a lament is an appeal to God based on confidence in His character." Glenn Packiam

Lament prayers take faith. Talking to God instead of getting sinfully angry or embittered requires biblical conviction. Laying out the messy struggles of your soul and then asking — again and again — for God to help you requires a solid theological mooring. Laments turn toward God when sorrow tempts you to run from him. Mark Vroegop

What's next? Today's application:

1. _____ the laments.
2. _____ your lament.
3. _____ to lament.