

Cry Out to God

By Janice Kerper Brauer

Introduction

Have two women read the following dialogue aloud.

Reader #1: I feel stunned! This is the biggest tragedy our family has ever faced.

Reader #2: I was so sorry to hear about what happened. You must feel overwhelmed.

Reader #1: I am overwhelmed. I just can't understand why this happened to us. But I guess we're not supposed to ask God, "Why?"

Reader #2: Oh, I think it's okay to ask God, "Why?" as long as we remember that whether or not He reveals the answer is up to Him.

Discuss with your group: Have you ever felt like Reader #1? Do you think it's okay to ask God, "Why?" Do you feel free to express a variety of emotions to God?

Let's pray:

Dear Heavenly Father, we thank You for this opportunity to study Your Word. We ask that You send Your Holy Spirit into our hearts and minds so that through this study of Your Word we will grow in our faith in You and understanding of Your Word. In Jesus' Name we pray. Amen.

Crying Out to God

The book of Psalms contains many examples of people crying out to God. What heartfelt cries are expressed in the following verses?

Psalm 142:1-3a

Psalm 77:1-2, 7-9

Psalm 61:1-4

Psalm 94:1-3

Psalm 55:1-3



Psalm 64:1-4

Psalm 130:1-4

Psalm 51:1-4



Psalm 141:1-4

Psalm 19:14

Can you relate to any of these cries to God? Which ones? (Allow time for sharing.)

The God Who Hears our Cries

One of the reasons we can come to God with all our “heart cries” is because of who He is. The God who hears our cries is not indifferent or unable to help; He is caring, loving and strong. What do the following verses reveal about the God to whom we cry?

Psalm 25:6-7

Psalm 86:5

Psalm 86:15

Psalm 89:1, 4-8

Psalm 91:1-4

Psalm 103:8-15



Listen to verses from Psalm 141 set to music! Go to www.lwml.org, find the Quarterly button, and click on the link to Psalm 141. Download it to your personal music system! (© 2001 RMM Muñoz. Permission for use by LWML granted by Rev. Roberto M. Muñoz.)

Which of these attributes of God is especially meaningful to you? Why? (Allow time to share.)

Voicing our Praise

Looking at the psalmists' cries to God, one can see a pattern emerge. The psalmists often begin with a desperate cry yet end with a shout of praise. What step between these two extremes is often a key? See what the following verses reveal.

Psalm 63:6-8

Psalm 77:11-15

Psalm 105:4-5

Psalm 143: 5-6

Take a few minutes individually to remember what God has done for you. Jot down the deeds of the Lord on your behalf. (Be specific; this is your personal list of remembrance.)

Closing Praise

Read responsively the collection of praise to God found in the Psalms we have explored in this study.

Leader: I will ever sing praise to Your name.

Group: I will praise You as long as I live.

Leader: All mankind will proclaim the works of the Lord.

Group: Let all the upright in heart praise Him.

Leader: I will praise You, O Lord my God, with all my heart.

Group: I will glorify Your name forever

Leader: Praise the Lord, oh my soul, all my inmost being, praise His holy name.

Group: Praise the Lord, oh my soul and forget not all His benefits.

Leader: Praise the Lord, all His works, everywhere in His dominion.

Group: Praise be to the Lord forever! Amen and amen.

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