

A man in profile, looking upwards with his hands raised in a gesture of prayer or awe. In the background, a large wooden cross stands against a hazy, golden sky. The overall mood is contemplative and spiritual.

Exalting Christ in the Psalms

When God feels far: Learning to Lament
Psalm 10

10 Basic Types of Psalms

- **Lament**
- Thanksgiving
- Praise
- Enthronement
- Royal
- Zion
- Wisdom
- Trust
- Liturgical
- Torah

Lament is a prayer in pain that leads to trust.

- *Mark Vroegop*

Lament is the honest cry of a hurting heart, wrestling with the paradox of pain and the promise of God's goodness.

- *Mark Vroegop*

¹ Why, O LORD, do you stand far away? Why do you hide yourself in times of trouble? ² In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised. ³ For the wicked boasts of the desires of his soul, and the one greedy for gain curses and renounces the LORD. ⁴ In the pride of his face the wicked does not seek him; all his thoughts are, “There is no God.” ⁵ His ways prosper at all times; your judgments are on high, out of his sight; as for all his foes, he puffs at them. ⁶ He says in his heart, “I shall not be moved; throughout all generations I shall not meet adversity.” ⁷ His mouth is filled with cursing and deceit and oppression; under his tongue are mischief and iniquity.

⁸ He sits in ambush in the villages; in hiding places he murders the innocent. His eyes stealthily watch for the helpless; ⁹ he lurks in ambush like a lion in his thicket; he lurks that he may seize the poor; he seizes the poor when he draws him into his net. ¹⁰ The helpless are crushed, sink down, and fall by his might. ¹¹ He says in his heart, “God has forgotten, he has hidden his face, he will never see it.” ¹² Arise, O LORD; O God, lift up your hand; forget not the afflicted. ¹³ Why does the wicked renounce God and say in his heart, “You will not call to account”? ¹⁴ But you do see, for you note mischief and vexation, that you may take it into your hands; to you the helpless commits himself; you have been the helper of the fatherless.

¹⁵ Break the arm of the wicked and evildoer; call his wickedness to account till you find none. ¹⁶ The LORD is king forever and ever; the nations perish from his land. ¹⁷ O LORD, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear ¹⁸ to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more.

- *Psalms 10*

Main Idea: When God feels far, lamenting our pain leads us to trust God's reign and justice.

Psalm 10 breakdown:

1. **Cry to God (v. 1)** – Turning to God in pain.
2. **Complaint about Injustice (vv. 2–11)** – Naming the brokenness we see.
3. **Call for God to Act (vv. 12–15)** – Asking boldly for His intervention.
4. **Confidence in the Lord (vv. 16–18)** – Trusting in His reign and justice.

1. **Cry to God (v. 1)** – Turning to God in pain.

Why, O LORD, do you stand far away? Why do you hide yourself in times of trouble?

- *Psalm 10:1*

“The LORD is a stronghold for the oppressed.”

- *Psalms 9:9*

Lament “refuses to let go of the relationship; it keeps talking to God when pain tempts us to walk away.”

— *Mark Vroegop*

- This is the first step of biblical lament: turn to God in prayer.

2. Complaint about Injustice (vv. 2–11) – Naming the brokenness we see.

² In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised. ³ For the wicked boasts of the desires of his soul, and the one greedy for gain curses and renounces the LORD. ⁴ In the pride of his face the wicked does not seek him; all his thoughts are, “**There is no God.**”

- *Psalm 10:2-4*

“Although they knew God, they did not honor him as God or give thanks to him..

- *Romans 1:21*

⁵ His ways prosper at all times; your judgments are on high, out of his sight; as for all his foes, he puffs at them. ⁶ He says in his heart, “**I shall not be moved;** throughout all generations I shall not meet adversity.

- *Psalms 10:5-6*

⁷ His mouth is filled with cursing and deceit and oppression; under his tongue are mischief and iniquity. ⁸ He sits in ambush in the villages; in hiding places he murders the innocent. His eyes stealthily watch for the helpless; ⁹ he lurks in ambush like a lion in his thicket; he lurks that he may seize the poor; he seizes the poor when he draws him into his net. ¹⁰ The helpless are crushed, sink down, and fall by his might. ¹¹ He says in his heart, “**God has forgotten**, he has hidden his face, he will never see it.”

- *Psalm 10:7-11*

- This is the first step of biblical lament: turn to God in prayer.
- This is the second step of lament: bring your complaint to God.

“God invites us to speak honestly, but He also invites us to tether that honesty to who He is.”

— *Mark Vroegop*

A **biblical complaint** is the honest expression of sorrow, confusion, or protest to God, anchored in the truth that He is good, just, and holy.

Praying your complaint

1. Start with God's character - "Lord, You are just, and You see all things.
2. Name what's wrong – "Here is what is happening...
3. Express the tension - "Lord, I know You are good, so why...?"
4. Anchor in truth - "But You are the righteous judge."

3. Call for God to Act (vv. 12–15) – Asking boldly for His intervention.

¹² Arise, O LORD; O God, lift up your hand; forget not the afflicted. ¹³ Why does the wicked renounce God and say in his heart, “You will not call to account”? ¹⁴ But you do see, for you note mischief and vexation, that you may take it into your hands; to you the helpless commits himself; you have been the helper of the fatherless. ¹⁵ Break the arm of the wicked and evildoer; call his wickedness to account till you find none.

- Psalm 10:12-15

- This is the first step of biblical lament: turn to God in prayer.
- This is the second step of lament: bring your complaint to God.
- This is the third step of lament: ask boldly for God's help.

The “how” questions don’t always have answers, but the “who” question does: God is just, faithful, and near to the brokenhearted.

— *Mark Vroegop*

4. Confidence in the Lord (vv. 16–18) – Trusting in His reign and justice.

¹⁶ The LORD is king forever and ever; the nations perish from his land. ¹⁷ O LORD, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear ¹⁸ to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more.

- *Psalm 10:16-18*

- This is the first step of biblical lament: turn to God in prayer.
- This is the second step of lament: bring your complaint to God.
- This is the third step of lament: ask boldly for God's help.
- This is the final step of lament: choose to trust God's reign and justice.

¹⁰ as it is written:

“None is righteous, no, not one;

¹¹ no one understands; no one seeks for God.

¹² All have turned aside; together they have become worthless; no one does good, not even one.”

¹³ “Their throat is an open grave; they use their tongues to deceive.”

“The venom of asps is under their lips.”¹

¹⁴ “**Their mouth is full of curses and bitterness.**”

¹⁵ “Their feet are swift to shed blood;

¹⁶ in their paths are ruin and misery,

¹⁷ and the way of peace they have not known.”

¹⁸ “There is no fear of God before their eyes.”

- *Romans 3:10-18*

Main Idea: When God feels far, lamenting our pain leads us to trust God's reign and justice.