

## Application Guide: “Learning How to Complain in Faith” (Psalm 102)

**Aug. 14<sup>th</sup>, 2005:** Kimber Kauffman, Senior Pastor of College Park, walked through a message on Psalm 102. He described the passage as a man who is deeply depressed and discouraged who finds help, strength, and deliverance by bringing his complaints to God. The result of his prayer is not a magical change in his circumstances but a change in his focus and his heart. Let us rejoice and be full of awe and hope in light of the great God we have!

1. *God is so merciful that he receives even our complaints.* The first step in learning how to pray could simply be to start pouring out what is on your heart.
  - a. How has this passage shaped your view of God? Your view of his mercy? Your view of his desire to be in intimate relationship with you?
  - b. Do you pray in “raw honesty and detailed thoroughness”? Do you come to God just as you are? In what ways do you try to dress yourself up or hide your true feelings when you come to God (especially when you pray in public!)?
2. *Your physical and spiritual lives are not in isolation with each other.* They both affect one another.
  - a. What are some ways we tend to compartmentalize who we are (e.g. mind, body, soul, intellect, physical needs, spiritual/secular acts, etc)? Why is it important for us to remember that we are holistic beings?
  - b. What are some personal examples in your own life when you have experienced physical or mental circumstances affecting your spiritual walk or vice versa?
3. *Having reasons for feelings of great discouragement is not an adequate reason for being mastered by them.* Depression is not always inevitable...
  - a. Are you responding appropriately to times of trial? When you are faint of heart and discouraged, how do you respond? Do you really believe God cares about your circumstances?
  - b. What are ways you are allowing your circumstances, feelings, or other people to master you? In what ways do you find it easy to remain downtrodden than to get up and fight the fight of faith?
4. *Satan wants you to believe that God has cast you aside!!* Satan has got you believing that you can never be loved God...(v. 10)
  - a. What promises or beliefs about God do you acknowledge in your head but not in your heart? In other words, what about God would you “answer” on a test, but do not live out in your everyday life?
  - b. What lies from the devil do you believe, especially regarding God’s love and care for you? Has the devil convinced you of things about God that are not true?
5. *Prayer doesn’t make everything all right.* Prayer changes your focus off of yourself and on to God!
  - a. In what ways have you viewed praying to God like a formula, as if you perform a certain number of things, God will magically give you what you want? Does the way you pray cause you to remove your focus on yourself and turn it to God?
  - b. Do you have any personal examples of complaining before God? How did “complaining in faith” to God result in a renovation of your perspective on your situation?