

## HOW TO COMPLAIN TO GOD THE RIGHT WAY

### EXODUS 17.1-7, PSALM 142

In Exodus 17, the Hebrew people continue their travels through the wilderness. In what is becoming an all too familiar pattern, they resort to complaining and grumbling whenever they encounter challenges and difficulties.

In Psalm 142, David was hiding in a cave from his enemies. His lament reveals how to complain to God in the right way.

### How to Complain to God in the Right Way (Psalm 142)

1. Be **OPEN** and **REAL** .

*I cry aloud to the Lord; I lift up my voice to the Lord for mercy. v. 1*

2. Be **SPECIFIC** .

*I pour out before him my complaint; before him I tell my trouble. ...  
In the path where I walk people have hidden a snare for me. Look  
and see, there is no one at my right hand; no one is concerned for me.  
I have no refuge; no one cares for my life. v. 2-4*

3. Be **HUMBLE**. Acknowledge your **WEAKNESSES** .

*Listen to my cry, for I am in **desperate need**; rescue me from those  
who pursue me, for they are too strong for me. v. 6*

4. Acknowledge God's **STATUS** .

*...it is you who watch over my way... v. 4*

*I cry to you, Lord; I say, "You are my refuge, my portion in the land of  
the living." v. 5*

### My Lord

### My Refuge

*For I am convinced that neither death nor life, neither angels nor  
demons, neither the present nor the future, nor any powers,  
neither height nor depth, nor anything else in all creation, will be  
able to separate us from the love of God that is in Christ Jesus  
our Lord. Romans 8.38-39*

### My Portion

*And my God will meet all your needs according to the riches of his  
glory in Christ Jesus. Philippians 4.19*

5. Envision a better **FUTURE** .

*Set me free from my prison, that I may praise your name. Then the  
righteous will gather about me . v. 7*

6. Remember, God is always **GOOD** .

*....because of your goodness to me. v.7*

7. Leave the **RESULTS UP TO GOD** .

---

**What is God saying to me?**

**What am I going to do about it?**

**Love God, Love Others, Learn Jesus, DO SOMETHING!**

Today's sermon can be found on our website [beaverdambaptist.org](http://beaverdambaptist.org)