



Dgroup Discussion Guide for June 10, 2018 **GAP: GO AHEAD and POUR**

Scripture: Psalm 142

Complaint-itis is a spiritual sickness of people infected with self – pity, frustration, disappointment, and most of all a lack of trust in God. To express discontent in an ungodly manner is displeasing to God. This is a serious sin against God.

How do we stop complaining?

1. Take Responsibility
2. Trust God
3. Thank God

When there is a disparity between your expectation and your reality, there is what is referred to as a gap. In our spiritual life, when there is a disparity between our expectation and our reality we should GAP. – GO AHEAD and POUR.

During this time, the people of Israel was asking for a king and so God gave them King Saul. But Saul was a proud man thus God removed it from him and gave it to David. This made Saul very angry and he wanted to kill David. He then began to pursue David. David then began to pour out his troubles to God through Psalm 142.

GO AHEAD and POUR – Because God Hears

I cry aloud with my voice to the Lord; I make supplication with my voice to the Lord. I pour out my complaint before Him; I declare my trouble before Him. Psalm 142:1-2 David was crying out to the Lord, he knew of God's plan for Him but finds himself running. But instead of being angry at the Lord, he pours out his complaints to the Lord. Often when we find ourselves in a similar situation instead of just pouring out our worries to God, we start to complain and blame God. Not only that we complain to others, which in turn may influence others to complain against God as well.

1 Peter 3:12 ***For the eyes of the Lord are toward the righteous, and His ears attend to their prayer, but the face of the Lord is against those who do evil.*** And Isaiah 59:1-2 says ***behold the Lord's hand is not so short that it cannot save; nor is His ear so dull that it cannot hear. But your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear.***

Both these verses have one lesson we must remember. The problem isn't that God doesn't hear us or He doesn't want to help us, the problem is we are separated from Him by our own wrongdoing. When we feel that God is far away or He isn't listening, then maybe we should search our hearts and ask God to enlighten us. Perhaps we have some unconfessed sin that keeps us separated from His presence.

GO AHEAD and POUR – Because God Knows

When my spirit was overwhelmed within me, You knew my path. In the way where I walk they have hidden a trap for me. Psalm 142: 3

God knows us through and through. And He knows the situation we are in. Psalm 139: 1-4 further reminds us ***O Lord You have searched me and known me. You know when I sit down and when I rise up; You understand my thought from afar. You scrutinize my path and my lying down, and are intimately acquainted with all my ways. Even before there is a word on my tongue, behold o Lord, You know it all.***

Babylonians, they were to submit to their rule. Because the Israelites will prosper as the Babylonians will prosper. That is why in Jeremiah 12:1 we see Jeremiah complaining to God, pouring out his thoughts and feelings about their situation. But God reassures him saying **For I know the plans that I have for you, declares the Lord, plans for welfare and not for calamity to give you a future and a hope.**

GO AHEAD and POUR – Because God Cares

Look to the right and see, for there is not one who regards me; there is no escape for me; No one cares for my soul. I cried out to You, O Lord; I said “You are my refuge, my portion in the land of the living.” Psalm 142:4-5

No matter what we sometimes think or believe. God cares for us. He allows us to be put in certain situations, and He Himself will see to it that we will be taken out of that situation. We have to constantly remind ourselves that God cares about us, He cares more than we believe He does, after all did He not give us a way out from our sins?

GO AHEAD and POUR – Because God’s Timing is Perfect

Give heed to my cry, for I am brought very low; deliver me from my persecutors, for they are too strong for me. Psalm 142:6

David felt trapped, he had nowhere to go because Saul continued to pursue him. We often find ourselves in the same situation, finding ourselves at the end of our ropes – desperate, helpless and hopeless. We likewise feel trapped and anxious, complaining to God why this was allowed to happen to us. But in Habakkuk 2:2-3 we are reminded that the answers will come at the appointed time. We should not lose faith because it will happen, it will come in God’s time. Not on our chosen time. God’s timing is ALWAYS perfect.

GO AHEAD and POUR – Because God can Change ME

Bring my soul out of prison, so that I may give thanks to Your name; the righteous will surround me, for You will deal bountifully with me. Psalm 142:7

Most of the time we pray to God to change our situation, but sometimes it is not the situation that should change or that God wants to change. God wants to change us. And He uses these difficult situations to mold us, to change us into His perfect design.

Let this be the cry of our souls this week: **Hear my cry o God; give heed to my prayer. From the end of the earth I call to You when my heart is faint; lead me to the rock that is higher than I. for You have been a refuge for me, a tower of strength against the enemy. Let me dwell in Your tent forever; let me take refuge in the shelter of your wings.**

DISCUSSION QUESTIONS:

1. What are the things that you are still complaining about? Are you complaining to God or are you complaining about God?
2. What are the things that we should start pouring out to God?
3. Think about the situation you are complaining about – what is God changing in you? Is there a characteristic that God is molding in you?
4. What makes it difficult for you to wait for God’s perfect timing?
5. What are the things you can do in order to strengthen your trust in God? Your dependence on God?