

January 4/5, 2025

"Hope through Honest Prayer"

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SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY + ACT.

2025 Focus: 50 Key Truths

Each Friday, explore a key truth about our Christian faith and how we can live in light of this truth.

Day 1 [Psalm 142:1-7](#) | Hope through Honest Prayer

I cry aloud to the Lord; I lift up my voice to the Lord for mercy. Psalm 142:1

David is not where he wants to be. He's in a cave. It's not some kind of camping trip or retreat. David's running for his life and hiding to survive. King Saul wants to kill him and has already tried twice. It's from the cave that David pens [Psalm 142](#), an honest prayer to God. David is the author of many psalms. This psalm and numerous others are known as laments. It's an honest prayer from a cave.

It can be easy to look around and think everyone's excited about the start of 2025, and maybe we just aren't. Life isn't what we want. We may feel stuck in our own cave. Maybe something came into our lives that we didn't expect, didn't ask for or want. Like David, we aren't where we want to be in this season. It can be easy to feel unsure how to talk to God when this happens. David's prayer gives us a model for having our own honest conversations with God. This week, we'll consider three parts of an honest conversation with God: complaint, ask and trust.

TODAY: Begin the week by thanking God for the Bible's application to real life. Thank him for examples of honest conversations like [Psalm 142](#). Ask God for the Spirit's guidance as you consider how and when to lament in your own life.

Day 2 [Psalm 142:1-2](#) | Honest Complaint

I pour out before him my complaint; before him I tell my trouble. Psalm 142:2

Psalms of laments are raw and passionate prayers of people in grief, sorrow, mourning or distress. Here, David says he pours out his complaint to God. It's significant to note the direction of David's complaint. He complains *to* God, not *about* God. It's an honest conversation with God about what's going on in his life and how he feels. Honestly telling God what's wrong is the first part of a prayer of lament.

Our culture seems to be pretty good at complaint. But psalms of lament don't give us a blank check to complain about whatever we want, whenever we want. A lament is a directed complaint as one part of a prayer. It's complaining *to* God. But many of our complaints, if we're honest about them, are *about* God. We don't even realize we're doing it. We complain to our friends, family or co-workers that we don't have enough or that things aren't fair or even that it's raining when we don't want it to. It's complaining about what God has or hasn't done for us. Lament talks to God, not complain about him to others. David gives us a powerful example of turning to God with our complaint. It's okay, and it's the right place to express our frustration.

TODAY: Throughout this week, we're going to lament in sections. Today, we will collect different complaints and express them to God. Open your journal and write "Laments" at the top. Make a list of things you'd like God to do something about. Write one-to-two sentences of complaint prayers about how each item makes you feel. Tomorrow, we will ask God to intervene in those areas and on Thursday, we will express our trust in God in the midst of our current season.

Day 3 [Psalm 142:3-7](#) | Honest Request

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. Psalm 142:4

David feels alone. He's in a cave. He has some guys with him, but despite their presence, he expresses loneliness to God and asks for rescue. He asks God to see what's going on and pay attention to him. It's like David first wants God to show him that God's with him and cares about him. David also wants to be rescued. He doesn't want to live like this anymore. He doesn't want to stay in the cave, running for his life.

Our world is suffering from a loneliness epidemic. We feel like David in his cave. It's so easy to withdraw and isolate ourselves when life gets difficult. Like David, we often want God to see us. We want to know God is with us in our cave, and we want him to rescue us. It could be that our cave is a health concern, a fractured relationship or an uncertain future. In addition to asking for God's presence, we may be longing for healing, restoration or security. The second part of the prayer of lament shows us that God invites us to honestly ask him to intervene.

TODAY: Continue to construct your prayers of lament. Reflect on what you want God to do. Go to the list you started yesterday and review your complaints. Under each one, write one-to-two sentences of prayer, asking God to intervene. Tomorrow, we will return to these laments and finish them with trust.

Day 4 [Psalm 142:5](#) | Expressing Trust

I cry to you, Lord; I say, "You are my refuge, my portion in the land of the living." Psalm 142:5

David is still in the cave. He's still running for his life and still feels alone. But David trusts God. He has history with God. Remember, this is the David of David and Goliath. He knew he could trust God because God had proved himself faithful over the course of his life. David may be in a rough season now, but he hasn't forgotten that God is trustworthy.

We can also trust God amid difficult seasons because of what he's done for us. There's no greater evidence for the trustworthiness of God than what Jesus did on the cross. He loves us so much he died on the cross to rescue us from our sins. When we find ourselves in a place we didn't expect, didn't ask for or don't want, we can look to the love of God poured out on the cross. God invites us to honestly express ourselves to him. The psalms of lament teach us that this involves complaining and asking but is truly built on trust.

TODAY: Today, we add prayers of trust to our laments. If you've never trusted God with your life, you can place your trust in the work of Jesus on the cross to save you from your sins today. If you'd like to have a conversation about what that looks like, reach out to us at btw@adabible.org, and we'll connect you with someone. To finish your prayers of lament, read through your complaints and requests. For each one, write one-to-two-sentence

prayers of trust. Consider including why you trust God in those prayers, reminding yourself of the work of the cross and other ways God has proven himself faithful to you over the years.



Day 5 [Genesis 1:1-5](#) | Question 1: Who is God?

Answer: God is the eternal, all-powerful Creator and ruler of the universe, existing as Father, Son and Holy Spirit.

In the beginning God created the heavens and the earth. Genesis 1:1

The opening words of the Bible reveal God as Creator. Before anything else existed, God was. He speaks light into darkness with power and authority, bringing order from chaos. These verses reveal God's unlimited power, divine nature and role as the source of all things. Scripture doesn't attempt to prove God's existence—it simply declares it, revealing his eternal nature and supreme authority over all creation. From the very beginning, Scripture reveals that God's words carry the power to create galaxies and that his wisdom establishes life itself.

The foundational truth that God is Creator shapes our entire understanding of God. He is not one god among many but the uncreated, eternal source of everything. As Creator and ruler, he has both authority and wisdom to direct creation. Yet this all-powerful God also reveals himself as personal and relational, existing as the Trinity, one God in three persons: Father, Son and Holy Spirit. God's power extends beyond our comprehension, but his love reaches directly into our lives. Understanding God as Creator and ruler transforms how we understand everything—our world, circumstances and lives. When we grasp that the God who spoke the universe into existence is the same God who knows and loves us personally, it changes how we approach worship and daily challenges. This truth calls us to entrust our entire lives to his power and authority.

TODAY: Consider how you view God. Ask him to help you see him as he truly is—both the sovereign Creator of all things and the personal God who loves you. Let this truth guide your worship and trust in him today. For more information on who God is, read the We Believe section on God [HERE](#).