



***Crying Out to God***  
***Experiencing Grace Through Psalms of Lament***  
***An 8-Week Bible Study with Video Access***

March 24, 2026 | \$19.99, 176 pages, paperback | 978-1-5140-1089-1

**Wendy Alsup** began her public ministry as deacon of women's theology and teaching at her church in Seattle. She now lives on her family farm in South Carolina where she teaches math at a local community college and is a mother to her two sons. She has written for *Christianity Today*, *Modern Reformation*, and *The Gospel Coalition* and is the author of *Companions in Suffering: Comfort for Times of Loss and Loneliness*.

## God Meets Us in Our Lament

### What inspired you to write this book?

**Wendy Alsup:** The church (and the Scriptures) have a rich history of lament, of honesty before God of the stress and trauma of life in a fallen world. But at some point, modern evangelicalism moved away from welcoming such honesty. Each of us live in a world broken by sin and sickness, and God has not left us as orphans to navigate the suffering of this world on our own.

### What is the central theme of your book?

**Wendy:** Suffering is our groaning under the weight of all that broke in God's perfect creation when Adam and Eve first sinned. In the aftermath, it is appropriate that we cry out to God as we struggle. With the psalms of lament, God has left us a model in the Scriptures with language we need when life seems too hard for us to come up with our own language for hard prayers. While many churches emphasize prayer in general as a "means of grace," I make the case that, as a subset of prayer, lament itself is a means of God's grace to us, and that lament serves as a conduit for God's supernatural provision of help and transformation. God meets us in our lament.

### What are five main things you want readers to take away from your book?

**Wendy:**

- Suffering is our groaning under the weight of all that broke in God's perfect creation at the fall of humanity.
- God has not left us as orphans to navigate our suffering on our own.
- Lament is not just complaint, but turning *to God* with our complaint, which he explicitly invites us to do.
- Lament is a means of God's grace to us.
- Scripture models lament to us when we do not have words of our own.

### Is there anything else you would like to tell us about your book?

**Wendy:** This subject matter is true, and I have lived it out, once again, the last few months of finishing the details on the manuscript as my dad was diagnosed with aggressive cancer in his jaw and died two weeks after having surgery to remove it. It was a brutal journey, and the psalms of lament were my lifeline to the only One who could help me survive it.



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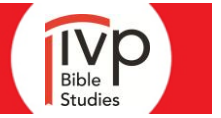
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## DETAILS



### IVP Bible Study Experience Bringing Scripture to Life

*"This unique Bible study invites readers to not only meditate on biblical passages but also apply them to their lives in contemplative, creative ways both individually and in community. It goes beyond a traditional question-and-answer model and engages almost all your senses."*

—Mabel Ninan, author of *Far from Home*

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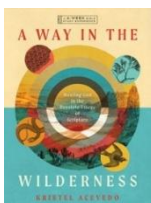
### Here's what you'll get from IVP Bible Study Experience volumes:

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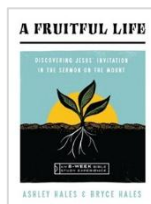
#### ***Crying Out to God: Experiencing Grace Through Psalms of Lament, An 8-Week Bible Study with Video Access*** By Wendy Alsup

Wendy Alsup uses psalms of lament to give words to our often-wordless cries. During this eight-week study, we learn that God not only allows our complaints about all that is not right, but he also welcomes our protests and tears. And we discover that God meets us in our lament, giving us his remarkable grace and provision in our time of need.



#### ***A Way in the Wilderness: Meeting God in the Desolate Places of Scripture, A 6-Week Bible Study with Video Access*** By Kristel Acevedo

Each week, Kristel Acevedo leads readers through reflections on a biblical figure who faced their own wilderness—from the solitude of John the Baptist to the trials of the Israelites. Through these familiar stories, she draws parallels to life now, helping you see that amidst the struggles is often where God meets you most profoundly. **Also available in Spanish.**



#### ***A Fruitful Life: Discovering Jesus' Invitation in the Sermon on the Mount, An 8-Week Bible Study with Video Access*** By Ashley Hales and Bryce Hales

In their new eight-week Bible study *A Fruitful Life*, Ashley and Bryce Hales explore how readers can dive deep into the Sermon on the Mount to understand how a life emulating Jesus—living and loving as he did—is a truly fruitful life.



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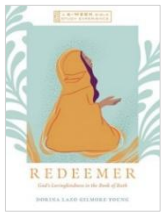
## DETAILS



### IVP Bible Study Experience Bringing Scripture to Life

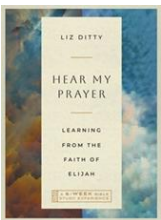
*"The invitations to reflect on Scripture and personal experience, to engage in breath prayers, to check in with the Holy Spirit, and to practice family sabbath provide helpful ways to integrate this resource into a personal journey taken alongside others."*

—Maria Liu Wong, provost of the City Seminary of New York



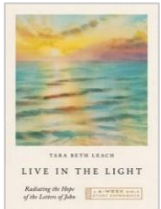
#### ***Redeemer: God's Lovingkindness in the Book of Ruth, A 6-Week Bible Study with Video Access*** By Dorina Lazo Gilmore-Young

In this six-week Bible study, Dorina Lazo Gilmore-Young invites us to view the book of Ruth as more than a Hallmark-tinted story, one that proclaims God's heart for the vulnerable and invites us to become captivated by God's love!



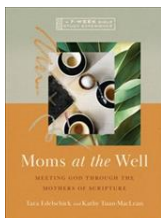
#### ***Hear My Prayer: Learning from the Faith of Elijah, A 6-Week Bible Study with Video Access*** By Liz Ditty

Whether you consider yourself a prayer warrior, a prayer newbie, or even a prayer skeptic, Liz Ditty, an experienced spiritual director and retreat leader, invites you to engage with the story of Elijah and his encounters with God as she guides us toward a less awkward, more authentic prayer in this six-week Bible study experience.



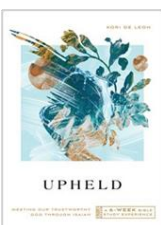
#### ***Live In the Light: Radiating the Hope of the Letters of John, A 6-Week Bible Study with Video Access*** By Tara Beth Leach

We are in a season of church meltdown. John, writing to churches caught in leadership failures, church splits, and a powerful leader stirring up dissent, has a message for us today. This six-week Bible study experience invites us to become a community that brings love, hope, and healing to every darkened space.



#### ***Moms at the Well: Meeting God Through the Mothers of Scripture, A 7-Week Bible Study with Video Access*** By Tara Edelschick and Kathy Tuan-MacLean

Motherhood is hard. Really hard. That's why we need a well. For centuries, neighborhood wells served as gathering spaces that provided community and relationships for women. This seven-week Bible study offers a modern-day "well" where mothers can gather and experience the God who invites us into a process of spiritual transformation.



#### ***Upheld: Meeting Our Trustworthy God Through Isaiah, A 6-Week Bible Study with Video Access*** By Kori de Leon

*I am with you, I will strengthen and help you, I will uphold you.* God's promises spoken through Isaiah offered reassurance and comfort during difficult days, and they're still true for us today! Join Bible teacher Kori de Leon in this six-week Bible study experience on Isaiah 40–48, pointing us to God's faithfulness and mercy.



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