

SAMMA 26

GAMMA SERIES

PRAYING THE PSALMS

Bridging Intimacy With God

STUDY 11
PRAYING OUR LAMENT
PSALM 25

LAMENT

- A. What is Lament
- B. Why we do not Lament
- C. Why We should Lament
- D. How do We Lament

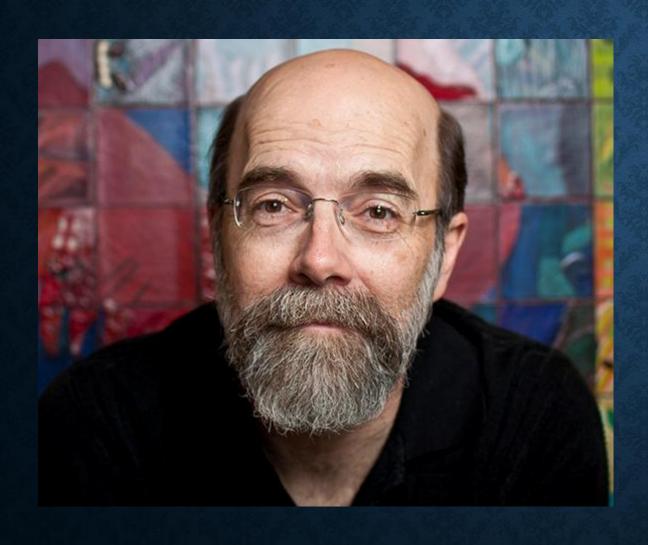


LAMENT

It is the confused cry of all who struggle to live in a fallen world where God's perceived absence is the real heart of our battle.



MICHAEL CARD



Biblical lament is not complaint that goes nowhere. It's the people of God planting seeds of hope in the soil of exasperation and despair, expecting that the Lord will come through in the end.

PSALMS OF LAMENT 30—40% OF PSALMS

Individual

Communal

Ps 3	Ps 46
Ps 6	Ps 57
Ps 22	Ps 71
Ps 28	Ps 77
Ps 44	Ps 142

Ps	60
Ps	74
Ps	80
Ps	85
Ps	90
Ps	79

STRUCTURE OF LAMENT

Address

Complaint

Request

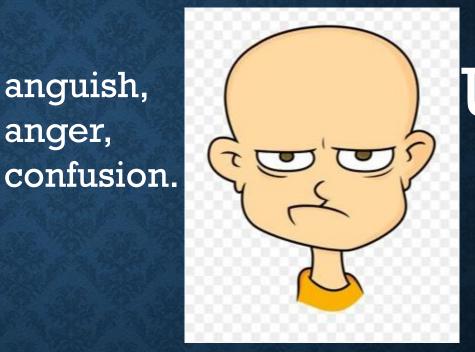
Trust

LAMENTER

Why?

Language of pain, anger, and confusion passion to ask and search the heart of God Moves toward God.

GRUMBLER



anguish,

anger,

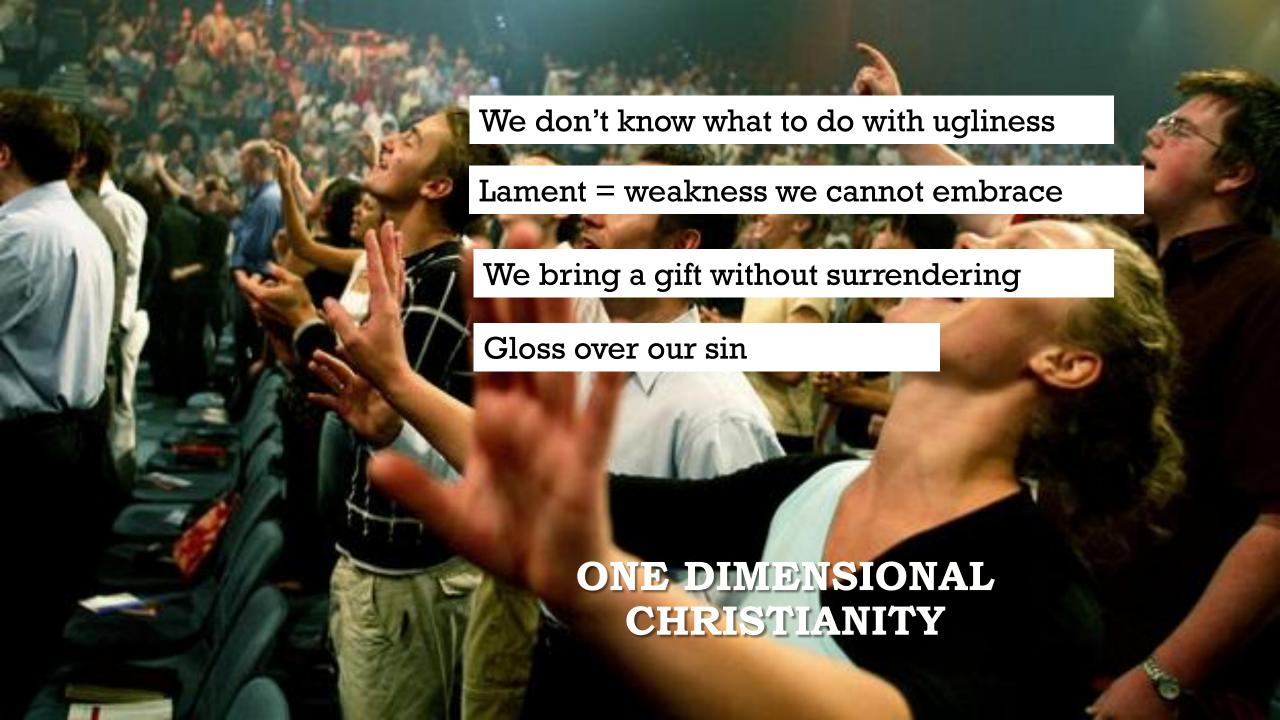
Unfair?

Language of pain, anger, and confusion Questions that are barely concealed accusations Conclusion made up

LAMENT

- A. What is Lament
- B. Why we do not Lament
- C. Why We should Lament
- D. How do We Lament





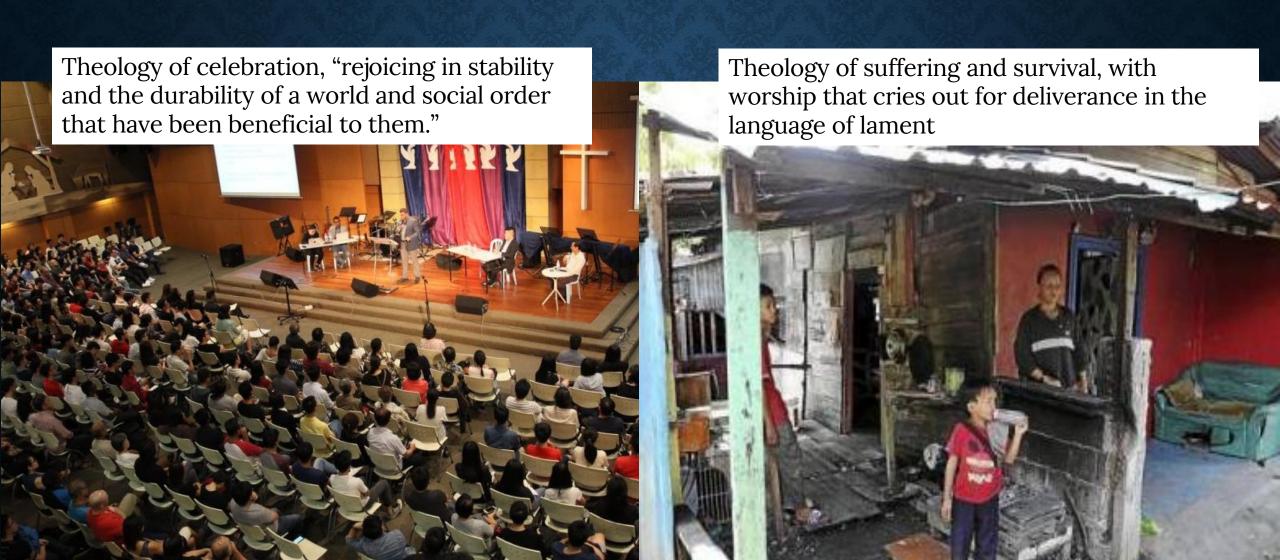
IMPLIES LACK OF FAITH IN GOD?

Psalms 13:1-2 (ESV) How long, O LORD? Will you forget me forever? How long will you hide your face from me? 2 How long must I take counsel in my soul and have sorrow in my heart all the day?





DISPARITY

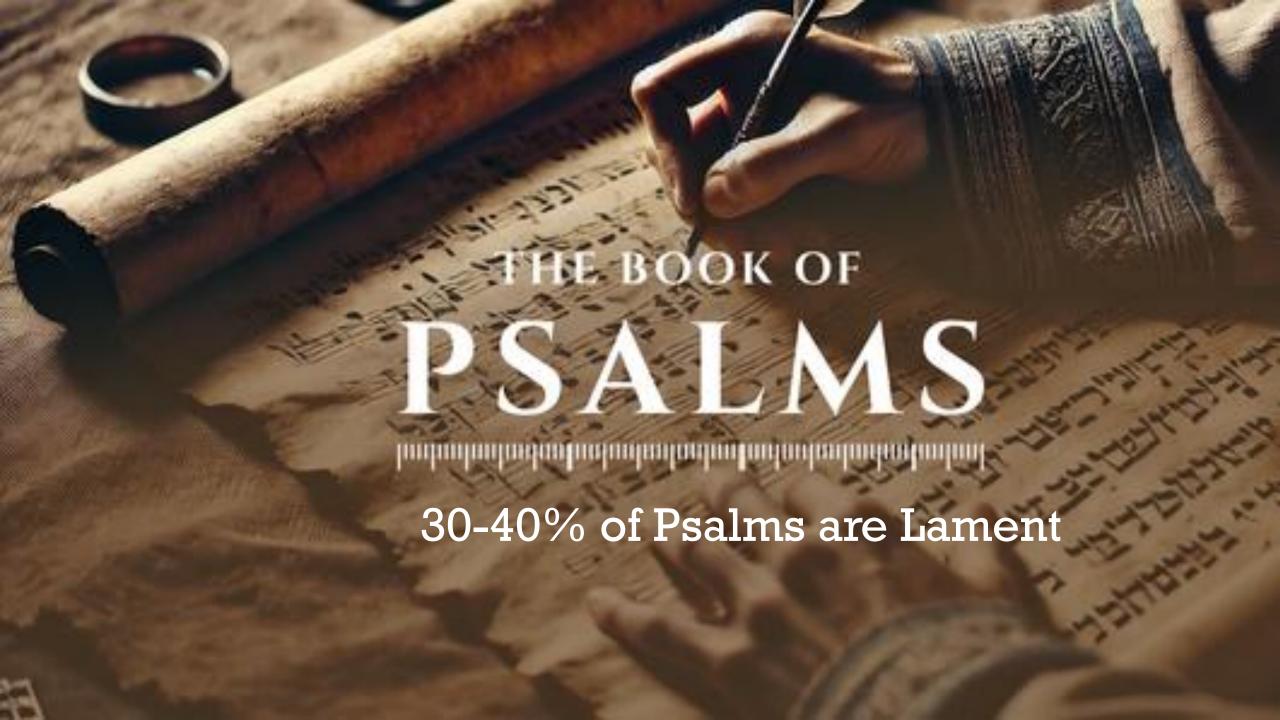


WHEN WE DO NOT LAMENT

Unresolved hurts and pain and confusion that has been shallowly dealt with or ignored and we have focused on only one aspect of the faith the triumphalistic part that ignores the reality of life and of God and we pay the price

LAMENT

- A. What is Lament
- B. Why we do not Lament
- C. Why We should Lament
- D. How do We Lament



LAMENT IS A FORM OF WORSHIP

GRAHAM COOKE

"Lamentation is a powerful, and meaningful, form of worship because it places our love for God above even the worst of circumstances in our life...

LAMENT IS A FORM OF WORSHIP

GRAHAM COOKE

God does not ask us to deny the existence of our suffering. He does want us to collect it, stand in those things and make Him an offering.

LAMENT IS A FORM OF WORSHIP

GRAHAM COOKE

The Holy Spirit, our Comforter, helps us to do this: He aligns Himself with our will and says, 'I will help you to will to worship God.' The glory of the majesty of God is that He helps us will and do." -

IT IS PART OF MATURING IN FAIT

Psalms are laments, then failure, tragedy, and sorrow are an *expected part of faith*. If we lament, we're not off-course—we're in a broad tradition of people wrestling with God.



Conversion

IT PREPARES OURSELVES OF THE SEASON OF PAIN



Keep our hearts tender

Permission to be honest

Honesty is also the
beginning of comfort





IDENTIFY AND SHARE IN SUFFERING OF OTHERS

Pain separates

Pain, anger, and confusion deepens our loneliness.

Lament unites

The awareness we are not alone increases our courage to honestly look at the pain and to struggle to know God Gives us less excuse to withdraw..bcos no one understands me

NEHEMIAH'S LAMENT

Nehemiah 1:6 let your ear be attentive and your eyes open, to hear the prayer of your servant that I now pray before you day and night for the people of Israel your servants, confessing the sins of the people of Israel, which we have sinned against you. Even I and my father's house have sinned. 7 We have acted very corruptly against you and have not kept the commandments, the statutes, and the rules that you commanded your servant Moses.

OLD TESTAMENT SCHOLAR JOHN GOLDINGAY



"The sufferer's agony,
discouragement, opposition, and
protests become the mediator's.
We pray 'as' them, as if we have
become them." We lament, that is,
on behalf of the ones who suffer.

THE POSTURE OF AUTHENTIC WORSHIP

Ps 51:16 For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering.

17 The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

It protects us from pride

ACCEPTABLE TO GOD





James 4:8-10 (ESV) Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. 9 Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will exalt you.



LAMENT HAS THE POTENTIAL TO CHANGE A HEART

It compels a search, strips the heart of pretense, and forces us to wrestle with God. It opens our eyes to see God's profound hatred of sin and his equally profound love for his people. Lament leads to awe that God has turned his wrath against his Son and not those who most deserve his condemnation.

LAMENT CHANGES US

Habakkuk 1:2-4 (ESV) O Lord, how long shall I cry for help, and you will not hear?

Or cry to you "Violence!" and you will not save?

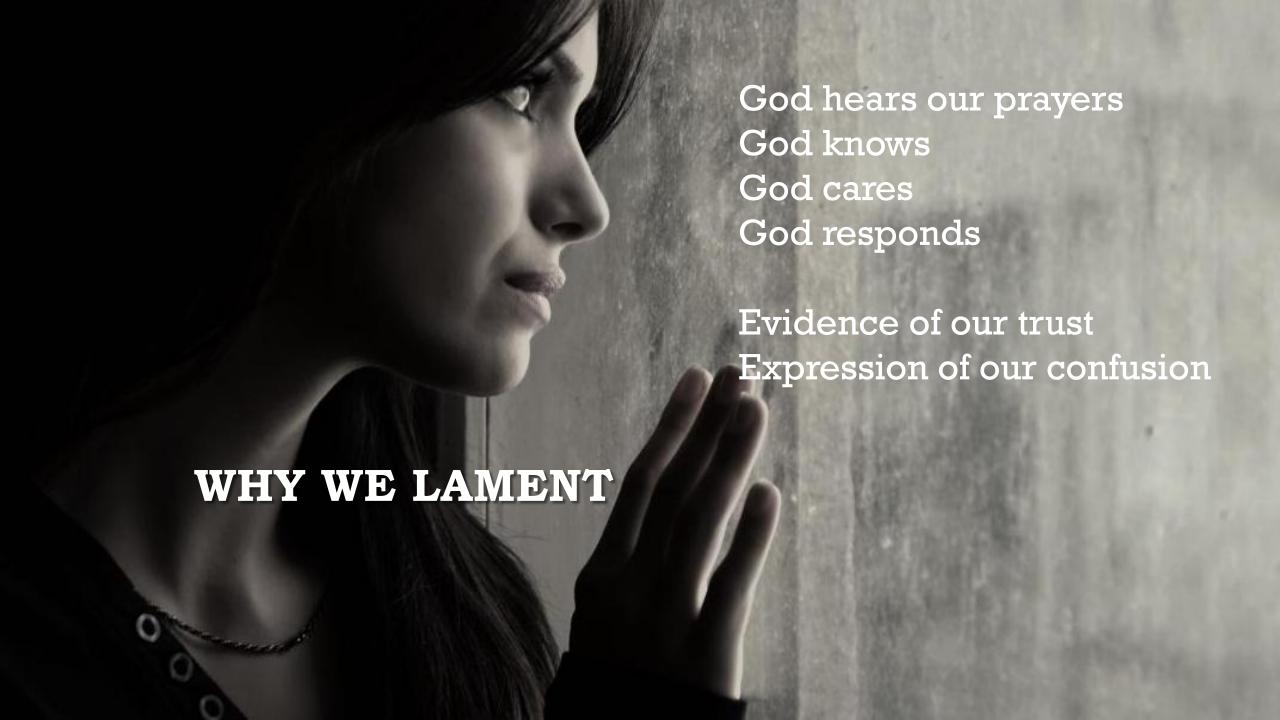
3 Why do you make me see iniquity, and why do you idly look at wrong? Destruction and violence are before me; strife and contention arise.

LAMENT CHANGES US

Habakkuk 3:17-18 (ESV) Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive failand the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls,

18 yet I will rejoice in the Lord;

I will take joy in the God of my salvation.



LAMENT

- A. What is Lament
- B. Why we do not Lament
- C. Why We should Lament
- D. How do We Lament

STRUCTURE OF LAMENT

Address

We cry to an omnipotent God, a good and merciful God, a just God, a God who grants us access to himself and invites us into personal relationship with him.

Complaint

names a circumstance that is painful, wrong, or unjust—that does not align with God's character.
Emotions: sorrow, remorse, weariness, anger, disappointment, or doubt.

Request

"God, do something !"

We rarely ask for what we really need.

We learn that nothing less than the restored

Presence of God will ever satisfy

Trust

expression of trust, with all its praise and joy, is *part* of a psalm of lament.

ADDRESS

Psalms 13:1 (ESV) 1 How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

Psalms 25:1-2 (ESV) 1 To you, O LORD, I lift up my soul.

2 O my God, in you I trust;

let me not be put to shame;

let not my enemies exult over me.

Address and Trust

Psalms 25:1-3 (ESV) 1 To you, O LORD, I lift up my soul.

2 O my God, in you I trust; Request

let me not be put to shame; let not my enemies exult over me.

Trust

3 Indeed, none who wait for you shall be put to shame; they shall be ashamed who are wantonly treacherous.

COMPLAINT

Psalms 25:16-19 (ESV) 16 Turn to me and be gracious to me, for I am lonely and afflicted. 17 The troubles of my heart are enlarged;

bring me out of my distresses.

18 Consider my affliction and my trouble and forgive all my sins.

19 Consider how many are my foes, and with what violent hatred they hate me.

REQUEST

Psalms 25:4-6 (ESV) Make me to know your ways, O LORD; teach me your paths.

5 Lead me in your truth and teach me,

for you are the God of my salvation;

for you I wait all the day long.

6 Remember your mercy, O LORD, and your steadfast love, for they have been from of old

REQUEST

Psalms 25:16-19 (ESV) Turn to me and be gracious to me, for I am lonely and afflicted. I'l' The troubles of my heart are enlarged; bring me out of my distresses.

18 Consider my affliction and my trouble,

and forgive all my sins. 19 Consider how many are my toes, and with what violent hatred they hate me.

REQUEST

Psalms 25:19-20 (ESV) Consider how many are my foes,

and with what violent hatred they hate me.

20 Oh, guard my soul, and deliver me!

Let me not be put to shame, for I take refuge in you.

TRUST

Psalms 25:1-3 (ESV) DAVID.

l To you, O LORD, I lift up my soul.

2 O my God, in you I trust;

let me not be put to shame;

let not my enemies exult over me.

3 Indeed, none who wait for you shall be put to shame; they shall be ashamed who are wantonly treacherous.

