

↳ Psalms = to form "emotionally healthy spirituality" Rev. Peter Scazzero

♥ Enlarge ... to feel the full emotions of Psalms

☑ Lament

☑ Rejoicing in LORD

☑ Broken + Contrite

☑ Now Back to LAMENT Psalm 88...  
no breakthrough to joy, hope ...

Why?

① Why Lament is hard but important

1. It is hard to be in this discouraged, despairing ~~and~~ condition, but many people are. "Soul is full of troubles," vs3 "my life draws near to Sheol... you have put me in the depths of the pit, in the regions dark + deep" (3-6) ... "my eyes grow dim w sorrows" (9)...

Describe your ♥? So many people today! Facts ... Parker Palmer

2. It is hard to be a friend to one in this discouraged condition but this is what they need.

☑ Not counting them out but caring for them: "I am counted among those who go down to the pit" vs. 4

We're trying to survive, not be pulled down right?

☑ Pursuing them + presence w. them vs. shunning

"you have caused my companions to shun me; you have made me a horror to them."  
vs. 8

☑ Not "fixing" but "holding space" for them

☑ Inscription = how the Psalms hold space for Psalm 88.

We need this kind of friend, right? Parker Palmer

② What Lament is

☑ Processing your ♥ w. Θ, Crying out to Θ, sharing your pain, anger, sadness... 1-2

"O LORD, God of my salvation; I cry out day and night before you"... You + Your

③ How the context of Psalm 88 helps you lament

1. The Psalter "holds space" for Heman and You Lament + not be fixed, but listened to
2. All five books of Psalms end w. praise, example 89:52 and the Psalms as a whole surround us w. songs of praise, hope + joy. In particular Psalm 87 "this one was born in Zion" and Psalm 89 "I will sing of the steadfast LOVE of the LORD forever." Mean? In your despair you are surrounded by the saints who believe and hope and sing for you. You need this when you don't have it!!!
3. In Psalms of Lament + Psalm 88 in particular, you see believers who cry out against God "you overwhelm me w. all your waves" yet who cling to God tenaciously: "But I, O LORD, cry to you; in the morning my prayer comes before you..." vs. 13  
What's going on? LORD (vs. 1, 13 + 14) = Personal Name, LORD is His Friend, even in darkness ► Jesus, Friend of hurting, who lost friends in His suffering and who never leaves us in ours