



**Be Still - Part 4 - A Psalm of Lament
Pastor Mark Rouse - September 22, 2019**

- **Lament - a PASSIONATE EXPRESSION of grief and sorrow.**

Psalm 143 & Psalm 13 - Psalms of David

¹ Hear my prayer, O Lord; listen to my plea! Answer me because you are faithful and righteous. ² Don't put your servant on trial, for no one is innocent before you. ³ My enemy has chased me. He has knocked me to the ground and forces me to live in darkness like those in the grave. ⁴ I am losing all hope; I am paralyzed with fear.
- Psalm 143:1-4

THE PATTERN OF LAMENT

1. EXPRESS.

¹ O Lord, how long will you forget me? Forever? How long will you look the other way? ² How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? - Psalm 13:1-2

2. EMBRACE.

⁵ I remember the days of old. I ponder all your great works and think about what you have done. ⁶ I lift my hands to you in prayer. I thirst for you as parched land thirsts for rain. ⁷ Come quickly, Lord, and answer me, for my depression deepens. Don't turn away from me, or I will die. - Psalm 143:5-7

³ Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die. ⁴ Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.
- Psalm 13:3-4

3. ENTRUST.

⁸ Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you. ⁹ Rescue me from my enemies, Lord; I run to you to hide me. ¹⁰ Teach me to do your will, for you are my God. May your gracious Spirit lead me forward on a firm footing. - Psalm 143:8-10

⁵ But I trust in your unfailing love. I will rejoice because you have rescued me. ⁶ I will sing to the Lord because he is good to me.
- Psalm 13:5-6

¹¹ For the glory of your name, O Lord, preserve my life. Because of your faithfulness, bring me out of this distress. ¹² In your unfailing love, silence all my enemies and destroy all my foes, for I am your servant. - Psalm 143:11-12