



PSALM EMOJIS (Week 2) - Lament

A lament is simply this — it is choosing to pray about your troubles rather than worrying about your troubles.

- Tuesday Night

The reason we lament is so that we can unburden our troubles to God.

Psalm 55:22

Cast your burden on the Lord,
and he will sustain you;

“We should try our best to pour out all the burdens in our spirit by prayer until all of them have left us.” Watchman Nee

In other words, by prayer you can live a burden-free life. Does that mean a life of no issues or problems?

- **Moving**

Psalm 25

Of David.

25 To you, O Lord, I lift up my soul.

That the purpose of the lament. He unburdens his soul to God. He lifts his personal troubles to the personal God. And the reason he lifts his soul is that no one else understands and knows his soul like the One who created his soul.

Psalm 139:1-6

To the choirmaster. A Psalm of David.

139 O Lord, you have searched me and known me!
2 You know when I sit down and when I rise up;
you discern my thoughts from afar.
3 You search out my path and my lying down
and are acquainted with all my ways.

God not only knows what you're doing (the action), He knows why you're doing it (the motive).

4 Even before a word is on my tongue,
behold, O Lord, you know it altogether.
5 You hem me in, behind and before,
and lay your hand upon me.

This Psalm is not just about God knowing, it is about God being actively involved in all our decision making. God is orchestrating every event in human history including your human history. He is actively engaged in all your decisions and yet you are responsible for all your decisions.

6 Such knowledge is too wonderful for me;
it is high; I cannot attain it.

Jeremiah 1:5

5 “Before I formed you in the womb I knew you,
and before you were born I consecrated you;
I appointed you a prophet to the nations.”

This would be completely unnerving if God were not trustworthy. David takes his problems to the Lord because he trusts in God's character, that God is loving and good and completely trustworthy.

Psalm 25

2 O my God, in you I trust;

**I trust you to work it out.
I trust you to provide the solution.
I trust you to be here.
I trust you are working in me for your will and
your good pleasure.**

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.

Ultimately, if you put your trust in God you will not be disappointed. Here's a reality of life when it comes to following this God, when it comes to obeying this God, when it comes to submitting to and trusting this God — when you trust the Lord, you have a better life. "His best interests are our best interests." (Frame)

The Christian life is just a battle of trusting Him through the tough moments. Even though people will sometimes treat us unfairly, God will always treat us fairly and lovingly and compassionately for He is love. When we begin to understand His character, we want to know His ways, because "His best interests are our best interests."

4 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.

Notice that the reason David wants to know God and walk in His ways is because God has saved him. So, even in the Psalms we see that behavior flows from the grace of God in salvation.

for you I wait all the day long.

The Christian life is not a fast paced life.

"Even in the biblical period, in which many miracles took place, these events were not evenly distributed through time. Many centuries went by (as between Noah and Abraham, Abraham and Moses, Malachi and Jesus) without many miracles' being recorded... Abraham lived many years without seeing any miracle. Through most of his life he was made to wait, anticipating the fulfillment of the promise to come. That he was, for the most part, patient during this waiting period is one of the exemplary features of Abraham's faith. And Moses spent forty years in the wilderness before God appeared to him in the burning bush and

inaugurated a new era of miracles.” (John Frame)

The Christian life is not a fast paced life. It is worth the wait. But in those downtimes we often need to remind ourselves of the God we worship, as David does here.

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

Remind God of the things he wants you to be mindful of.

7 Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O Lord!

Some of us have this idea that God thinks the worst of us. Is that in line with His nature? He knows the worst about us, but doesn't think the worst about us because He also knows what He has planned for us. He not only knows our final outcome but He's orchestrating the development of the best version of you — one that is like Christ. But even more than that, He has placed the righteousness of Christ upon you. God sees you as He sees Christ. How can He think the worst of you?

John 17:23

so that the world may know that you sent me and loved them even as you loved me.

Philippians 4:8

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

The same light that highlights your sin and brings condemnation is the same light that highlights Christ and brings forgiveness. The realization of our sins does not cripple us because the gospel declares us not guilty.

7 Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O Lord!

1 John 2:8

8 At the same time, it is a new commandment that I am writing to you, which is true in him and in you, because the darkness is passing away and the true light is already shining.

The darkness is passing away in your life because the true light of Christ is shining in you. It says here that this love John is writing us about — the love God has for us — is true

in him and in you. You have the love of God because you have the Spirit of Christ, so you can love like God loves. It's true of Jesus, but he says it's also true of you.

God treats you this way because He is good.

Psalm 25

8 Good and upright is the Lord;
therefore he instructs sinners in the way.
9 He leads the humble in what is right,
and teaches the humble his way.
10 All the paths of the Lord are steadfast love and faithfulness,
for those who keep his covenant and his testimonies.

This idea of humility comes up over and over again in the Scriptures, which is probably why Paul brings it up so much. Humility is just understanding who you are in light of who God is. In this Psalm, David expresses his humility in the next few lines.

11 For your name's sake, O Lord,
pardon my guilt, for it is great.

Why for the sake of His name? Because He is the God who is frighteningly other than we are and yet forgives our sin. He is the God who is Love. He is the God who has demonstrated that love in Christ and we

proclaim the greatness of this love to the glory of His name.

12 Who is the man who fears the Lord?
Him will he instruct in the way that he should choose.
13 His soul shall abide in well-being,

Your life is simply better when you know Christ. This doesn't mean you don't have problems. It means you have a deeper sense of well-being no matter what you're going through. And your family benefits by your relationship with Christ.

and his offspring shall inherit the land.
14 The friendship of the Lord is for those who fear him,
and he makes known to them his covenant.

Do you know that God so loved the world that He sent His Son that whoever believes in Him will not perish but will have everlasting life? If you know that promise of God, then you are God's friend.

15 My eyes are ever toward the Lord,
for he will pluck my feet out of the net.

• The Changling

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.

A lot of times when we find ourselves afflicted, a lot of times when we find ourselves in trouble, it is because we have placed ourselves there. This is why David says, "Forgive all my sins."

19 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.

21 May integrity and uprightness preserve me,
for I wait for you.

22 Redeem Israel, O God,
out of all his troubles.