

"Lament"

Opening Announcements

Opening Prayer

Q: In your understanding, what is a "lament"?

Q: WHY does someone "lament"?

Q: What's one way we can move through, deal with, or handle "lament" in our life?

Table Time:

READ: Psalm 13:1-6 "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? How long shall my enemy be exalted over me? ³ Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death, ⁴ lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken. ⁵ But I have trusted in your steadfast love; my heart shall rejoice in your salvation. ⁶ I will sing to the Lord, because he has dealt bountifully with me."

Q: What questions does the psalmist ask of God? Have you ever asked those questions of God when facing difficulty?

Q: What is the request of verse 3? How is that an act of faith?

Q: According to the second half of verse 3 and verse 4, what is one of the psalmists rationales for God to answer him?

Q: What is THAT important to the psalmist?

Q: How does our lament, and looking to God in prayer, demonstrate or testify to the world around us of our faith in Him?

Q: What do some people think about God when they are going through difficult circumstances?

Q: How does God answering the psalmist's prayer (and ours) testify to them that indeed God DOES hear us when we pray? AND how does our waiting on Him, and "trusting in Him", testify to them otherwise?

Q: According to verse 5, WHAT is the psalmist doing and "rejoicing" over in the midst of his "lament"?

Q: HOW is he able, when facing these "laments" to "trust" and "rejoice"?

Q: In verse 6, the psalmist seems to do something odd considering his situation and God's seemingly NOT moving in it. Why is this important?

Big Table Debrief....

Another Example...

READ: Psalm 7:1- 5 "O Lord my God, in you do I take refuge; save me from all my pursuers and deliver me, 2 lest like a lion they tear my soul apart, rending it in pieces, with none to deliver. 3 O Lord my God, if I have done this, if there is wrong in my hands, 4 if I have repaid my friend with evil or plundered my enemy without cause, 5 let the enemy pursue my soul and overtake it, and let him trample my life to the ground and lay my glory in the dust."

Q: According to verses 1-2, "Who" is David turning too?

Q: What's significant about verses 3-5?

Q: What is acknowledging "our" part of the breakdown in the relationship important?

Q: What might happen if we don't?

Q: What's the solution?

Q: David then goes on to ask God to protect him, judge his enemies and to be his "refuge". Why is THAT important when we're lamenting?

Q: How does scripture "teach" us, when we're facing loss, grief, persecution or hardship?

Other Psalms of Lament Include: Psalm 5, 7, 22, 38, 74, 140-143.

Other Places where you find "Laments": Lamentations, Jeremiah, Ezekiel, and each Gospel account of the Crucifixion.