



The Lord's Day Morning — July 21, 2024

“Psalms of Lament: Hope in Sorrow”

Psalm 13

Dr. Dan Doriani

1. We need to lament.

2. Psalm 13 shows us how to lament.

3. Lamentation has a role in the life of faith.

- Israel sang songs of lament.
- Superficial or “natural” lamentation
- Deep or spiritual lamentation

4. The results of lamentation

DISCUSSION QUESTIONS FOR GROUPS:

1. Why is it important to lament our troubles?
2. Why do we sing our laments to God, both individually and corporately? What happens when we sing our laments to God, rather than keeping them to ourselves or simply telling a friend or mentor?
3. What happens when we refuse to face and lament our sorrows?
4. Why do most psalms of lament end on an upward note?
5. How does God restore a wounded heart?