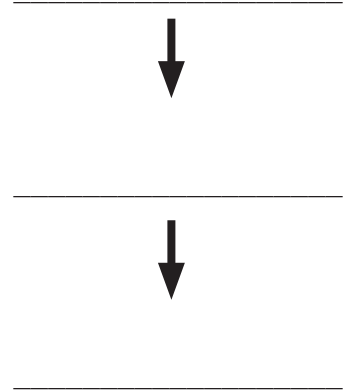




# Psalms of Lament

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<sup>1</sup>How long, O Lord? Will you forget me forever?  
How long will you hide your face from me?  
<sup>2</sup>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?  
<sup>3</sup>Consider and answer me, O Lord my God;  
light up my eyes, lest I sleep the sleep of death,  
<sup>4</sup>lest my enemy say, "I have prevailed over him,"  
lest my foes rejoice because I am shaken.  
<sup>5</sup>But I have trusted in your steadfast love;  
my heart shall rejoice in your salvation.  
<sup>6</sup>I will sing to the Lord,  
because he has dealt bountifully with me.



## Psalm 13 ESV

### Lament 101:

- To lament is to \_\_\_\_\_ deep distress, sorrow, grief, or regret
- Psalms of lament show the human condition expressed in \_\_\_\_\_ form
- Lament is a type of \_\_\_\_\_
- Two major types:
  - \_\_\_\_\_ lament – personal/individual crisis; sickness, betrayal, penitential, etc.  
*Psalm 3-7, 9-11, 13, 16-17, 22, 25-28, 31, 35-36, 38-40, 42-43, 51-52, 54-57, 59, 61-64, 69-71, 77, 86, 88, 94, 102, 109, 120, 130, 140-143*
  - \_\_\_\_\_ lament – national crisis; *Psalm 12, 14, 44, 53, 58, 60, 74, 79-80, 83, 85, 90, 106, 108, 123, 126, 137*
    - destruction of city/temple
    - other crisis
- WHY Lament?
  - It's a language for \_\_\_\_\_
  - It's the solution for \_\_\_\_\_
  - It's a category for \_\_\_\_\_
  - It's a framework for \_\_\_\_\_
  - It's a process for our \_\_\_\_\_
  - It's a way to \_\_\_\_\_



Online Notes

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One Word	Key Component and Definition	Example
_____	<b>Direct Address with Introductory Petition</b> Turning to God in midst of trouble, brief introductory cry for help.	Psalms 13:1a
_____	<b>Lament/Complaint</b> Description of the situation, commonly contains 3 elements: suffering of psalmist, absence of God, too-powerful enemy.	Psalms 13:1b-2 Psalms 69:2-4
_____	<b>Petition</b> Heart of the complaint, plea for deliverance of some type, grounded in God's nature/character. Seeking to move God to act.	Psalms 13:3-4
_____	<b>Confidence</b> The psalmist asserting his confidence in God despite the desperation and the present circumstances. Because of Who God is and what He has done in the past, he will act again.	Psalms 13:5
_____	<b>Conclusion/Praise</b> Praise or a vow to praise, what the psalmist will say or do after his prayer is answered. May also contain a final complaint.	Psalms 13:6

### Practical lessons from lament:

- **Generally:** *Lamentations 3:22-33*
  - God's \_\_\_\_\_ never ends
  - Waiting is not a \_\_\_\_\_
  - The middle is not the \_\_\_\_\_ of the story
  - God is always \_\_\_\_\_
- **Specifically from...**
  - **Psalm 51** *2 Samuel 11-12; 1 Corinthians 6:9-11*
    - In Christ Jesus, we receive \_\_\_\_\_, \_\_\_\_\_, and are made pure and acceptable in \_\_\_\_\_

### Memory Verse

*I will remember the deeds of the Lord; yes, I will remember your wonders of old.*  
Psalm 77:11 ESV

### Recommended Resources:

[Dark Clouds, Deep Mercy: Discovering the Grace of Lament](#) by Mark Vroegop

[Grasping God's Word: A Hands-On Approach to Reading, Interpreting, and Applying the Bible](#)

by J. Scott Duvall and J. Daniel Hays

[Book of Psalms Summary: A Complete Animated Overview](#) by Bible Project

[Psalms Reading Plan](#)



*Online Notes*

### My next step today is to...

- Memorize Psalm 77:11
- Repent and accept Jesus as my Lord and Savior for the first time!
- Select some psalms of lament to read and begin to work through my pain in a productive, god-honoring way
- Read a psalm a day this summer
- Begin talking (praying) to God honestly
- \_\_\_\_\_