

## *Listen and Obey: The Application of Scripture to Everyday Life*

### **Comfort for the hurting (lament Psalms)**

These Psalms teach us how to mourn (process sadness and loss) in a Biblical way by giving us an \_\_\_\_\_.

#### *The need for lament*

- “When deep pain invades life, it demands a response.”
- “As cries to God, biblical laments are a vehicle for responding to pain and approaching God.”\*

#### *Responding to pain and trauma*

Typical responses to pain and trauma.

Finding someone to blame?

#### *God has several purposes for pain†*

- \_\_\_\_\_—pain alerts us that something is wrong.
- \_\_\_\_\_ (Romans 5:1–5; James 1:2–4; 1 Peter 1:3–9). God employs these painful things to “expose, mature, and transform our hearts.”
- \_\_\_\_\_ (2 Corinthians 1:4). Our suffering equips us to bring others the same comfort we received.

#### *The difference between sorrow and despair*

- Job. (Job 3:3–4; 42:7)
  
- Jesus. (John 11:32–37; Matthew 27:45–46)

#### *Lament and trust*

Lament psalms are deep expressions of trust in the Lord. Lament is “the language of the painful incongruity between lived experience and the promises of God.”‡

Lament is based on these two premises:§

- There is a right and a wrong (a universal standard for righteousness).
- God can be trusted to vindicate the cause of the righteous.

#### *Lament psalms in the Bible*

They are the most \_\_\_\_\_ type of Psalm in the Bible.

Elements of a Lament Psalm\*\*

- Begin with an invocation (introductory cry to God).
- The lament or \_\_\_\_\_—definition of the crisis, the thing to which the poet is responding.
- The \_\_\_\_\_ or supplication—request for God to remedy the situation.
- Most contain a statement of \_\_\_\_\_ in God.
- A \_\_\_\_\_ to \_\_\_\_\_ God.

The Form: typically, a \_\_\_\_\_ = beginning in hopelessness and ending in confidence.

### **Psalm 13 (NKJV)**

#### **To the Chief Musician. A Psalm of David.**

<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 shall I take counsel in my soul,

Having sorrow in my heart daily?

How long will my enemy be exalted over me?

<sup>3</sup> Consider and hear me, O LORD my God;

Enlighten my eyes,

Lest I sleep the sleep of death;

<sup>4</sup> Lest my enemy say, “I have prevailed against him”;

Lest those who trouble me rejoice when I am moved.

<sup>5</sup> But I have trusted in Your mercy;

My heart shall rejoice in Your salvation.

<sup>6</sup> I will sing to the LORD,

Because He has dealt bountifully with me.

\* Webster, Brian L. & David R. Beach, “The Place of Lament in the Christian Life,” *Bibliotheca Sacra* 164:656 (October–December 2007), 387, 389.

† Tripp, *Do You Believe*, 217.

‡ Billman and Migliore, *Rachel’s Cry*, 107. Quoted in Webster & Beach, 397.

§ *Dictionary and Biblical Imagery*, s.v., “Lament Psalms,” 485.

\*\* *Ibid.*, 484–485.