

Psalms Handout Week Twenty-Six

Intro:

1 Thes. 5:16 Rejoice always, pray continually, give thanks in all circumstances

Phil. 4:4 Rejoice in the Lord always and again I say rejoice.

The pep talk

-Lament *is* praise

-Lamenting isn't for the weak believer but the strong

-Lament is proof a loving intact relationship is intact

Ps. 130 Out of the depths *I cry to you, O LORD!* (covenant name) O LORD, hear my voice!

Is God your first go to?

-Lament is drawing nearer to Jesus.

Isa. 53:3 He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces He was despised, and we esteemed him not. Surely He has borne our griefs and carried our sorrows;

-Lament is God given liturgy. How do we know?

1.

2.

Jn. 11:32 Now when Mary came to where Jesus was and saw him, she fell at his feet, saying to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved (angry) in his spirit and greatly troubled. And he said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus wept. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man also have kept this man from dying?"

-Lament bridges the gap between the sometimes miserable now and the someday glorious reign

Eph. 1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

Isa. 40:30 But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Word study. Lamentations. Hebrew-eicha. How!? How is this possible? What the heck is happening? Where are you in the midst of this? I am profoundly messed up by the disconnect.

Gen. 3:8 They heard the voice of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. Then the LORD God called to the man, and said to him, "Where are you? (ayeka)

The grand emotional conversation

Shema Hear O Israel. Trust God Love God

Lament Psalms...

Ps. 27:7 Hear, O LORD, when I cry with my voice! Have mercy also upon me, and answer me.

Ps. 4:1 Hear me when I call, O God of my righteousness! You have relieved me in my distress; Have mercy on me, and hear my prayer.

The prep talk

The lament is a prayer, a song, a lesson.

Purpose: Confers artistry and dignity of language to suffering.

Ps. 35:1 Contend, O LORD, with those who contend with me; fight against those who fight against me!

Take hold of shield and buckler and rise for my help!

3 Draw the spear and javelin against my pursuers! Say to my soul, "I am your salvation!"

Pray it

Content O LORD with this _____ that is fighting against me.

Feel it

Ps. 55:4 My heart is in anguish within me; the terrors of death have fallen upon me.

Fear and trembling come upon me, and horror overwhelms me. And I say, "Oh, that I had wings like a dove! I would fly away and be at rest; yes, I would wander far away; I would lodge in the wilderness;

Selah

Structure: Generally four parts. Lots of mixing of genres in the psalms.

-Address to God. Not as obvious as you think

We often go to others

We can even purposefully avoid God, Why?

Ps.10 Why do You stand afar off, O LORD? Why do You hide Yourself in times of trouble?

Ps. 70:1 O God, hasten to deliver me; O LORD, hasten to my help!

...4. Let all who seek You rejoice and be glad in You; and let those who love Your salvation say continually, "Let God be magnified." But I am afflicted and needy; Hasten to me, O God! You are my help and my deliverer; O LORD, do not delay.

And when we address God, it's best to do so with

Ps. 4:1 Answer me when I call, O God of my righteousness! (The One who gives me value)

You have given me relief (made room for me) when I was in distress.

Ps. 22:1 My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? 2. O my God, I cry by day, but you do not answer, and by night, but I find no rest.

3 Yet You are holy, enthroned on the praises of Israel. In You our fathers trusted; they trusted, and You delivered them. To You they cried and were rescued; in You they trusted and were not put to shame.

-Description of complaint

Proper complaint:

Sinful complaint:

Ps. 77

1 My voice rises to God, and I will cry aloud; My voice rises to God, and *He will hear me*.
2 In the day of my trouble I sought the LORD; In the night my hand was stretched out without weariness;
My soul refused to be comforted.
3 When I remember God, then I am disturbed; When I sigh, then my spirit grows faint. Selah.

4 You have held my eyelids open; I am so troubled that I cannot speak.
5 I have considered the days of old, the years of long ago.
6 I will remember my song in the night; I will meditate with my heart,

And my spirit ponders:

7 Will the LORD reject forever? And will He never be favorable again?
8 Has His lovingkindness ceased forever? Has His promise come to an end forever?
9 Has God forgotten to be gracious,
or has He in anger withdrawn His compassion? Selah

Does he step over the line?
Do some writers step over the line?

-Plea/petition/the ask

The goal is not mere relief from the hardship or pain or distress. The goal is to be delivered in a way that aligns with God's character and purposes.

Ps. 43

1 Vindicate me, O God, and plead my case against an ungodly nation;
O deliver me from the deceitful and unjust man!
2 For You are the God of my strength; why have You rejected me?
Why do I go mourning because of the oppression of the enemy?
3 O send out *Your* light and *Your* truth, let them lead me;
Let them bring me to *Your* holy hill and to *Your* dwelling places.

*Sometimes just voicing out loud what we want changes what we want.

-Expression of trust: In the form of praise, or reordered thinking, a vow or future plan, or thanksgiving
Lament done well can be a beautiful part of our sanctification.

Most recognizable lament psalm. See the evolution

Ps. 22:1 My God, my God, why have you forsaken me?

... 15 my strength is dried up like a potsherd, and my tongue sticks to my jaws; You lay me in the dust of death... 25 From You comes my praise in the great congregation; my vows I will perform before those who fear Him...30 Posterity shall serve Him; it shall be told of the LORD to the coming generation; they shall come and proclaim His righteousness to a people yet unborn, that He has done it.

Ps. 79:1 O God, the nations have invaded Your inheritance; they have defiled Your holy temple; they have laid Jerusalem in ruins. They have given the dead bodies of Your servants for food to the birds of the heavens, the flesh of Your godly ones to the beasts of the earth...9 Help us, O God of our salvation, for the glory of Your name; And deliver us and forgive our sins for Your name's sake...

12 And return to our neighbors sevenfold into their bosom the reproach with which they have reproached You, O LORD.

13 So we Your people and the sheep of Your pasture will give thanks to You forever; to all generations we will tell of Your praise.

Whaaat!?

Summary of lament psalms: Speak Grieve Plead Believe

Ps. 42. A maskil of the sons of Korah

1 As a deer pants for flowing streams, so pants my soul for You, O God (Elohim)

2 My soul thirsts for God, for the living God. When shall I come and appear before God?

**3 My tears have been my food day and night, while they say to me all the day long,
“Where is your God?”**

4 These things I *remember*, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.

Recalling/remembering:

*Don't discount the power of church community

Martin Lloyd Jones: Most of our unhappiness in life is due to the fact that we are listening to ourselves rather than talking to ourselves.

5 Why are you cast down, O my soul, and why are you in turmoil within me?

Hope in God; for I shall again praise Him, my savior and my God. (The Yeshua of His face)

6 O my God, my soul is cast down within me;

Therefore I remember you from the land of Jordan and of Hermon (Big mountain where headwaters begin), **from Mount Mizar** (Little mountain).

7 Deep (tehome) calls to deep at the roar of *your* waterfalls; all *your* breakers and *your* waves have gone over me.

Gen. 1:1 In the beginning God created the heavens and the earth. The earth was formless and void, and darkness was over the surface of the deep (tehome), and the Spirit of God was moving over the surface of the waters.

Tehome: chaotic abyss before God began to make it all tov, good.

8 By day the LORD commands His steadfast love (chesed/covenant love), and at night His song is with me, a prayer to the God of my life.

9 I say to God, my rock:

“Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?”

10 As with a deadly wound in my bones, my adversaries taunt me, while they say to me *all the day long*, “Where is your God?”

11 Why are you cast down, O my soul, and why are you in turmoil within me?

Hope in God; for I shall again praise Him, my salvation (Yeshua of my face) and my God.

Pant and hope... Where is our hope? Where is Jesus?

Jn. 11:32 Therefore, when Mary came where Jesus was, she saw Him, and fell at His feet, saying to Him, “Lord, if You had been here, my brother would not have died.” When Jesus therefore saw her weeping, and the Jews who came with her also weeping, He was deeply moved in spirit and was troubled

Jn. 12: 27 “Now My soul has become troubled; and what shall I say, ‘Father, save Me from this hour’? But for this purpose I came to this hour. Father, glorify Your name.” Then a voice came out of heaven: “I have both glorified it, and will glorify it again.”

Jn. 13:21 When Jesus had said this, He became troubled in spirit, and testified and said, “Truly, truly, I say to you, that one of you will betray Me.”

Ps. 22:2 O my God, I cry by day, but You do not answer; And by night, but I have no rest.

Lk. 23:46 “*Father*, into Your hands I commit My spirit.”

Jn. 14:1 Do not let your heart be troubled; believe in God, believe also in Me.

Jn. 16:33 These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation/trouble, but take courage; I have overcome the world.”

Discussion

Psalm 43 is actually considered to be the second half of psalm 42. Read it together.

Do you think this guy is getting better? Why or why not?

Has his petition changed or become refined?

If you had to point to Jesus in this second half, what verses would you use?

Pray for each other. Praise. Repent. Lament.