

# This Week

- **Students at Super Summer**
- **SBC Annual Meeting in Orlando**
- **New Member Info Meeting**
  - Sun, June 14 @ 9:15am in Lobby

# Types of Psalms

- **Wisdom**
- **Worship**
- **Thanksgiving**
- **Lament - expression of distress, suffering**

# Psalm 5:1

Give ear to my words, O Lord;  
consider my groaning.

Give attention to the sound of my cry,  
my King and my God,  
for to you do I pray.

# Psalm 10:1-2

Why, O Lord, do you stand far away? Why do you hide yourself in times of trouble?

In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised.

## Psalm 6 (by Poor Bishop Hooper)

Don't rebuke me in Your anger

Don't discipline me in Your wrath

Be gracious, Lord, for I am weak and

My bones shake at the thought of it

I'm sick at heart, sick at heart

O Lord, how long? Lord, how long?

# Psalm 6 (by Poor Bishop Hooper)

Return, O Lord, and rescue

Won't You save me for You're faithful?

What dead man can remember You?

Who can lift their praise from Sheol?

While tears dampen my pillow, my bed's a lake  
of sorrows, my eyes are swollen shut, Lord;

From the ocean of my cries

# Psalm 6 (by Poor Bishop Hooper)

But the Lord has heard  
the sound of my weeping

The Lord has heard my cry for His help

The Lord accepts my prayer  
no matter how it's broken

The Lord will make my enemies turn and run

# Is Lament Necessary?

- We live in a broken world. (Already/not yet)
- Suffering can lead to hopelessness.
- We're not good at grieving.
- Jesus practiced lament.
- Lament is spiritual warfare.

# #1. Turn (Psalm 13:1a)

How long, O Lord?

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- Will I choose to turn to God?
- Will I allow others to walk beside me?

(steps adapted from “Dark Clouds; Deep Mercy”  
by Mark Vroegop)

## #2. Cry (Psalm 13:1-2)

Will you forget me forever? How long will you hide your face from me? 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?

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- Giving voice to our hardest questions

## Grumble

- Blame others
- Response to “not enough”
- End goal, ongoing  
(cul-de-sac)
- Lack of faith
- Obstinate

## Lament

- Learn from others
- Response to suffering and injustice
- Means to an end  
(bridge)
- Act of faith
- Open

### #3. Ask (Psalm 13:3-4)

Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death, lest my enemy say, “I have prevailed over him,” lest my foes rejoice because I am shaken.

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- Often includes “imprecatory” wording (calling on God to bring judgment)
- Romans 12 - vengeance belongs to the Lord

## #4. Trust (Psalm 13:5-6)

But I have trusted in *your steadfast love*;  
my heart shall rejoice in *your salvation*.  
I will sing to the Lord, he has *dealt bountifully*  
with me.

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- Lament leads to Faith-filled Worship
- \*\*\*Remember the Cross AND Resurrection

# Psalm 22:1, 19, 21, 22

My God, my God, why have you forsaken me?

But you, O Lord, do not be far off! O you my help, come quickly to my aid! Save me...

I will tell of your name to my brothers; in the midst of the congregation I will praise you,

# Praying for One Another

- Prayer Team available at the front
- Move around the room to pray with Family and Friends

\*We'll conclude with a hymn in a few minutes, but continue to stay and pray as long as needed.