

Psalms of LAMENT

why, my soul, are
you downcast?
why so disturbed within me?
put your hope in God.



Lament:

to express grief, sorrow, or regret

Psalms of
LAMENT

Personal

3, 4, 5, 7, 10, 13, 17, 22, 25, 26, 28,
31, 39, 42, 43, 54, 55, 56, 57, 59, 61,
64, 70, 71, 77, 86, 120, 141, 142

Corporate

12, 44, 58, 60, 74, 79, 80, 83, 85, 90,
94, 123, 126

Repentant

6, 32, 38, 51, 102, 130, 143

Imprecatory

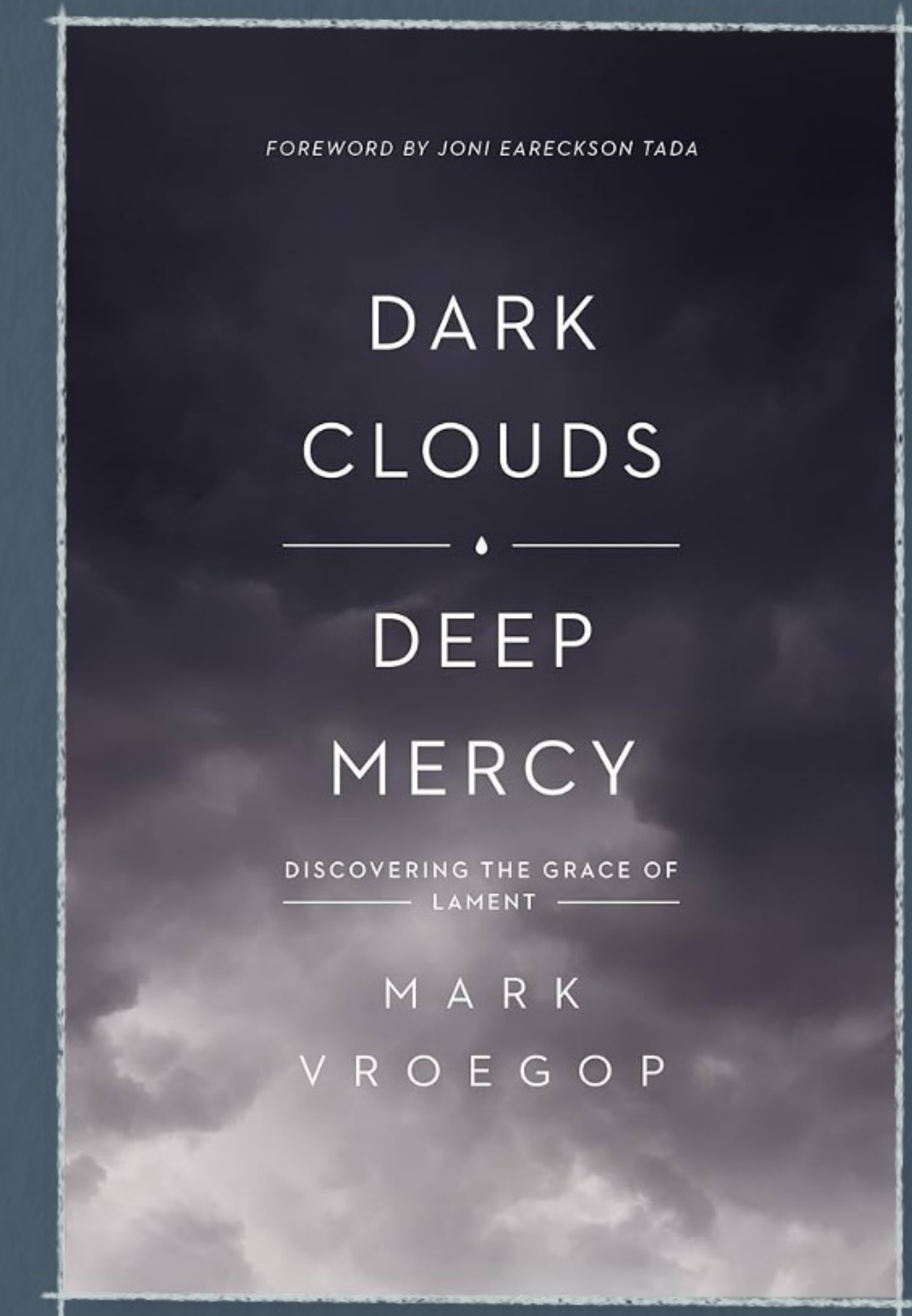
35, 69, 83, 88, 109, 137, 140

Partial

9:13-20, 27:7-14, 40:11-17

“Lament is the honest cry of a hurting heart
wrestling with the paradox of pain and the
promise of God’s goodness.”

- **MARK VROEGOP**, *Dark Clouds Deep Mercy*



The Pattern of a **Lament**

Turn

Actively turn toward
God in prayer.

Complain

State the reasons for
the sorrow.

Ask

Make a request of God
to act or do something.

Trust

Make a statement of
renewed faith and trust.

Psalms 77:1-2 NIV

I cried out to God for help; I cried out to God to hear me. ² When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted.

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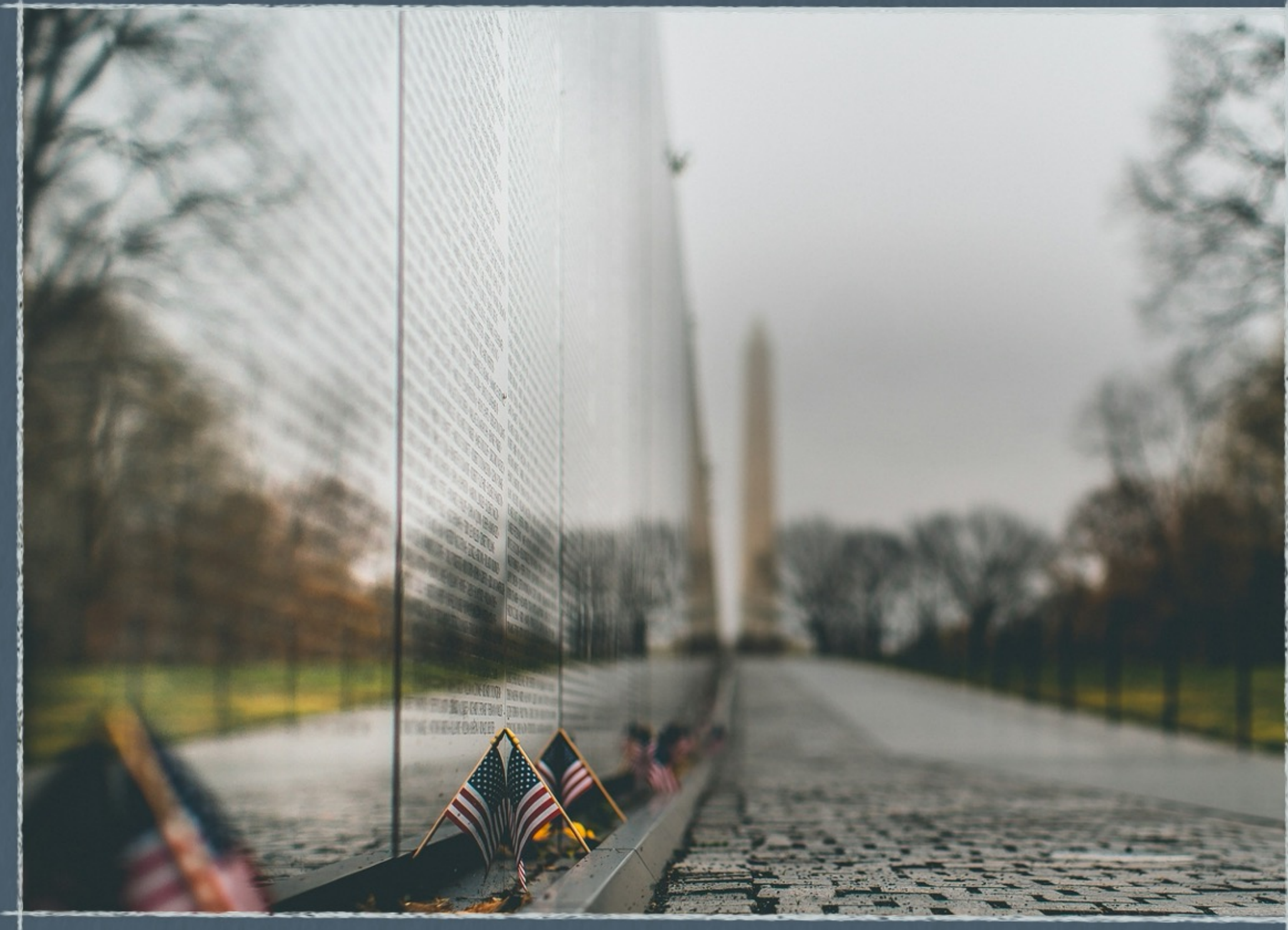
Trust

Make a statement of
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Psalms of LAMENT

why, my soul, are
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psalms of lament

Lament moves us toward the goodness
of God in the midst of a broken world.

Psalm 42:1-5 NIV

As the deer pants for streams of water,
so my soul pants for you, my God.

² My soul thirsts for God, for the living God.
When can I go and meet with God?

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

⁴ These things I remember
as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.

⁵ Why, my soul, are you downcast?
Why so disturbed within me?

Put your hope in God,
for I will yet praise him,
my Savior and my God.

Psalm 42:6-11 NIV

My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.

⁷ Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.

⁸ By day the LORD directs his love,
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 must I go about mourning,
oppressed by the enemy?”

¹⁰ My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?”

¹¹ Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
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Turn to God

Complain

Ask

Trust

Psalm 42:1-2 ^{NIV}

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Turn to God

Complain

Ask

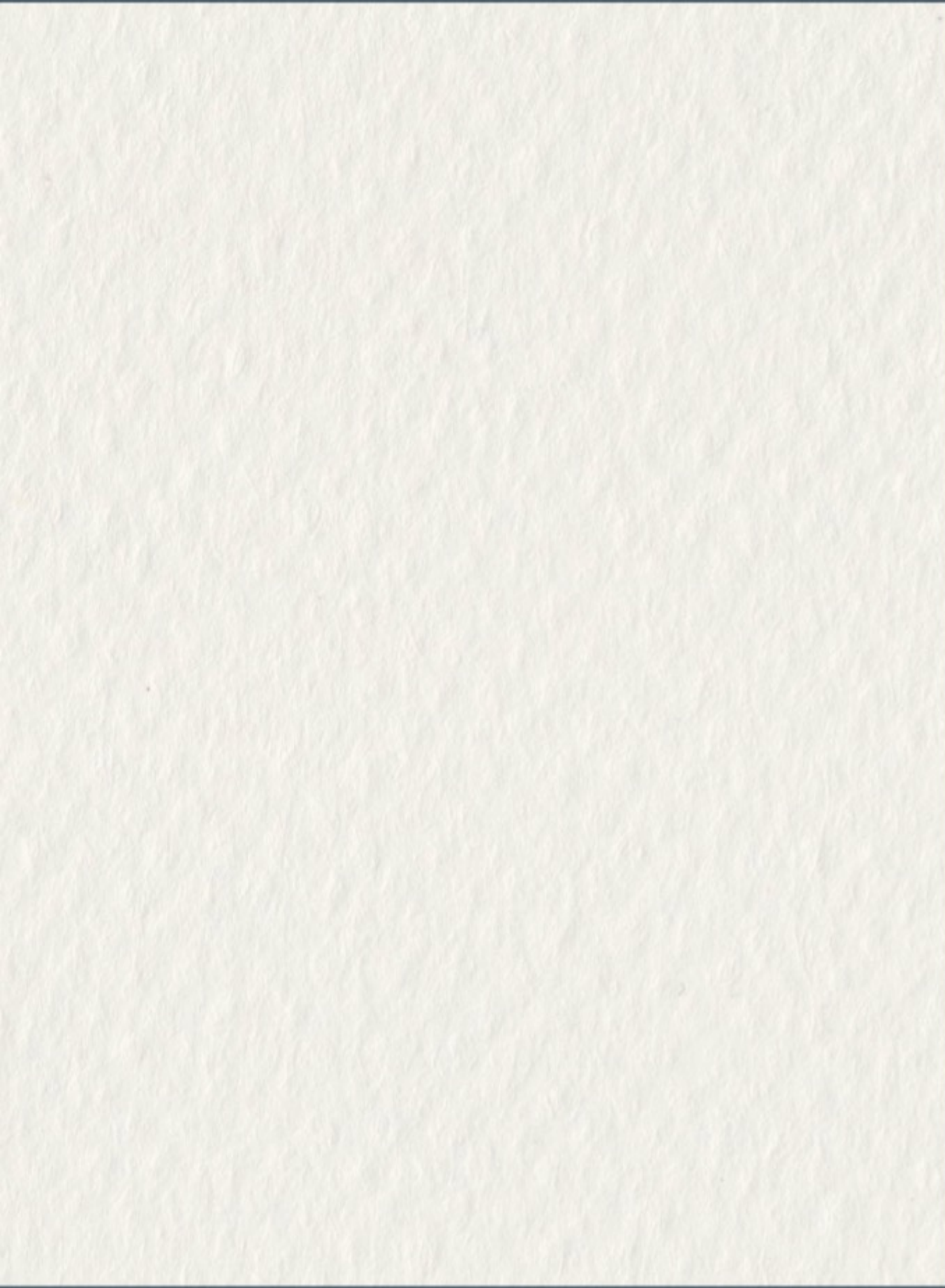
Trust

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Psalm 42:6 NIV

⁶ My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.



“God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world.”

- C.S. LEWIS

Psalms 42:3-5 NIV

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

⁴ These things I remember as I pour out my soul: how I
used to go to the house of God under the protection of
the Mighty One with shouts of joy and praise among
the festive throng. ⁵ Why, my soul, are you downcast?
Why so disturbed within me? Put your hope in God,
for I will yet praise him, my Savior and my God.

Turn
Complain to God
Ask
Trust

Psalm 42:3-5 NIV

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Psalm 42:3-5 NIV

My tears have been my food day and night, while people say to me all day long, "Where is your God?"

⁴ These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. ⁵

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 42:10 NIV

My bones suffer mortal agony as my foes taunt me, saying to me all day long,

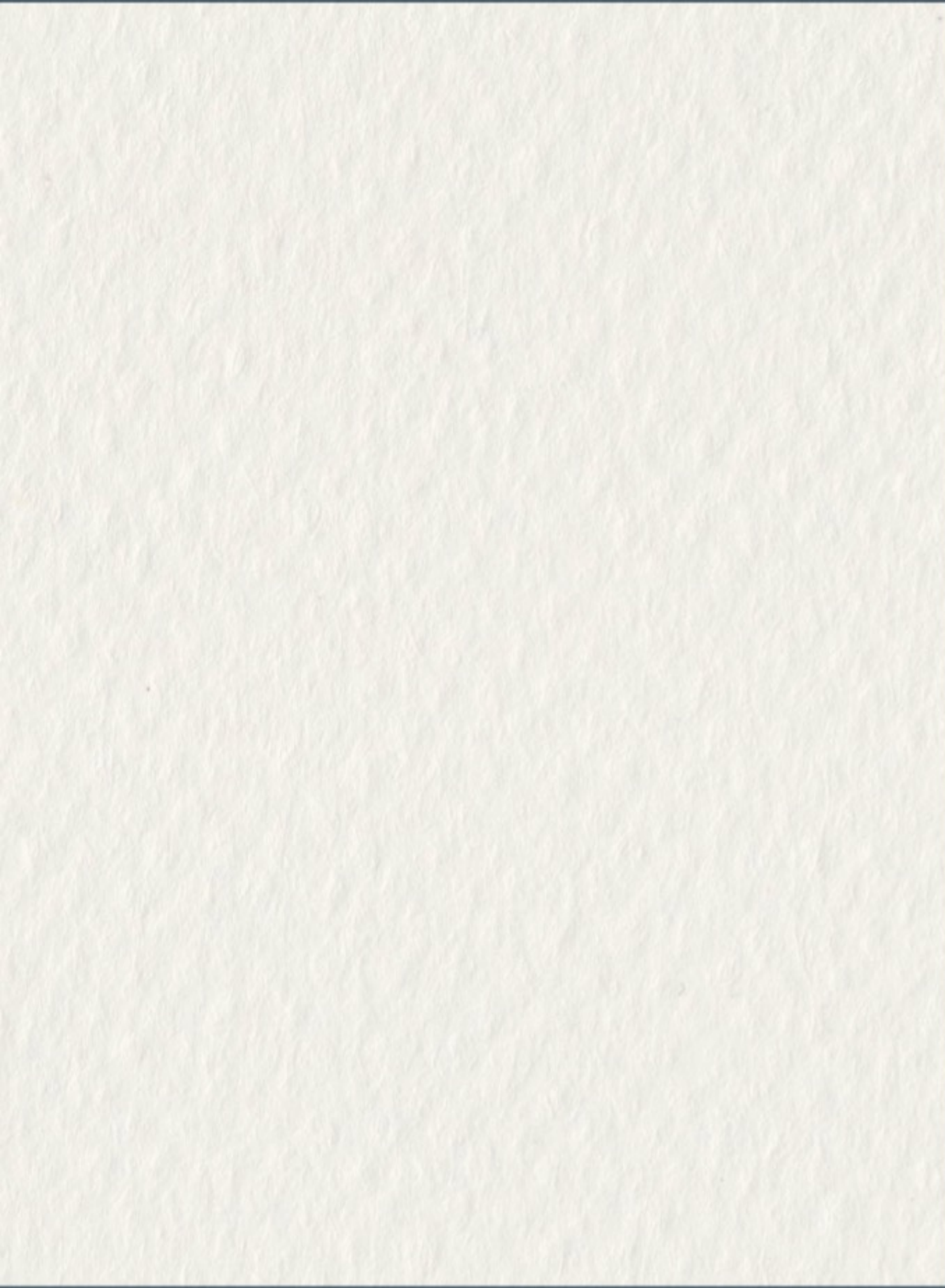
"Where is your God?"

Turn
Complain to God
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Trust

Psalm 42:3, 7-10 NIV

My tears have been my food day and night, while people say to me all day long, "Where is your God?"

⁷ Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. ⁸ By day the LORD directs his love, 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 must I go about mourning, oppressed by the enemy?" ¹⁰ My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"



“I shall look at the world through tears. Perhaps
I shall see things that dry-eyed I could not see.”

- Nicholas Wolterstorff, *Lament for a Son*

Psalm 43 NIV

Vindicate me, my God,
and plead my cause
against an unfaithful nation.

Rescue me from those who are
deceitful and wicked.

² You are God my stronghold.

Why have you rejected me?

Why must I go about mourning,
oppressed by the enemy?

³ Send me your light and your faithful care,
let them lead me;

let them bring me to your holy mountain,
to the place where you dwell.

⁴ Then I will go to the altar of God,
to God, my joy and my delight.

I will praise you with the lyre,
O God, my God.

⁵ Why, my soul, are you downcast?
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Turn
Complain
Ask God
Trust God

Psalm 43 ^{NIV}

Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. ² You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? ³ Send me your light and your faithful care, let them lead me, let them bring me to your holy mountain, to the place where you dwell. ⁴ Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God. ⁵ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

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**Insert Lament Song Jesus Come
Video Ryan & Brooke**

**Might be a good opportunity to include
fellowship worship logo or info**

Revelation 21:4 NIV

“‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”