



“LEARNING TO LAMENT”
PSALM 55



A lament is a cry to God in response to the pain, suffering, and loss we experience in our broken world.

Our brokenness is a result of....

- Our own self-inflicted sinfulness
- The sins of others inflicted on us
- Living in a broken and fallen world

We often struggle alone in our pain
and even compound it, because
we do not regularly practice taking
it to God through lament.

We resist the practice of lament...

1. We falsely believe that it demonstrates a lack of faith.

- How long, O Lord?
- Will you forget me forever?
- How long will you hide your face from me?
- How long must I wrestle with my thoughts?
- How long must I have sorrow in my heart?
- How long will my enemy triumph over me?
- My God, why have you forsaken me?

We resist the practice of lament...

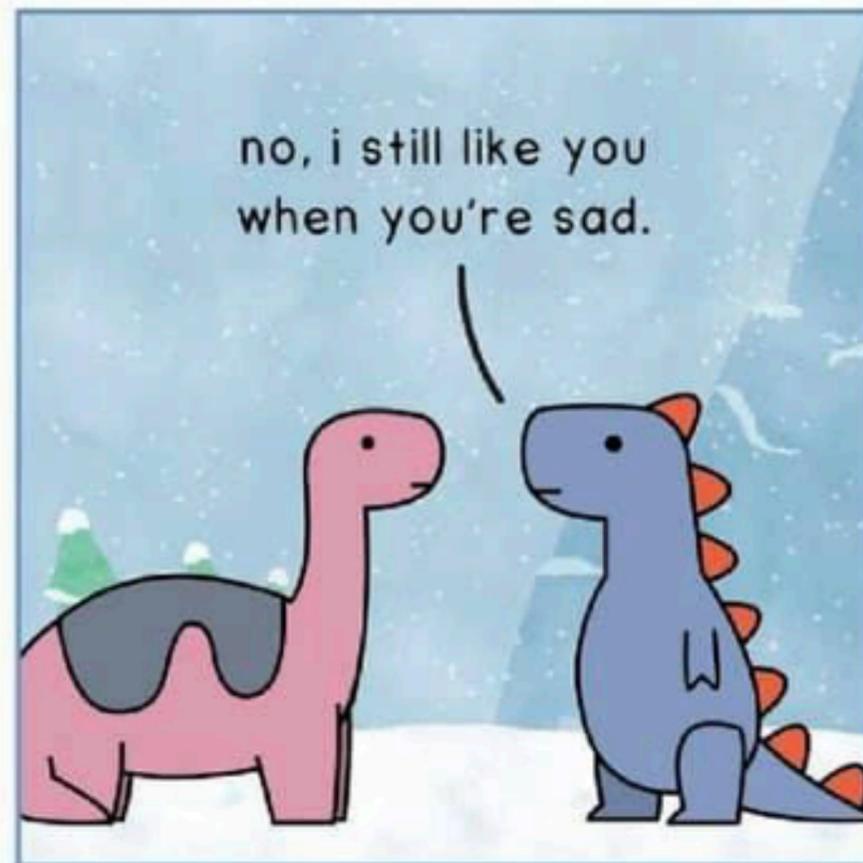
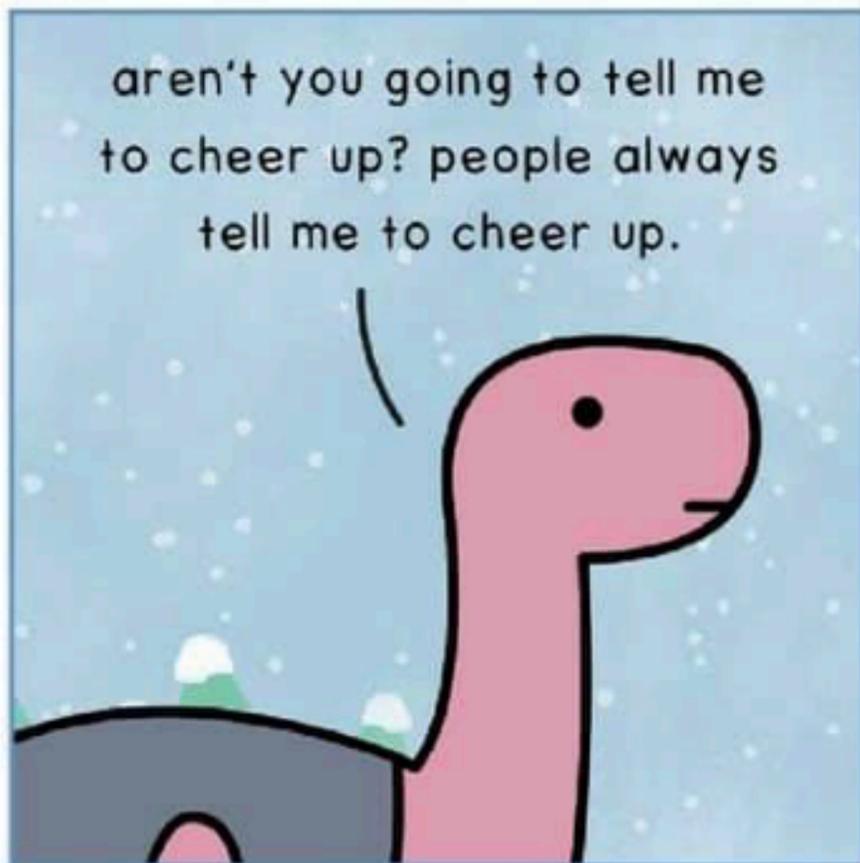
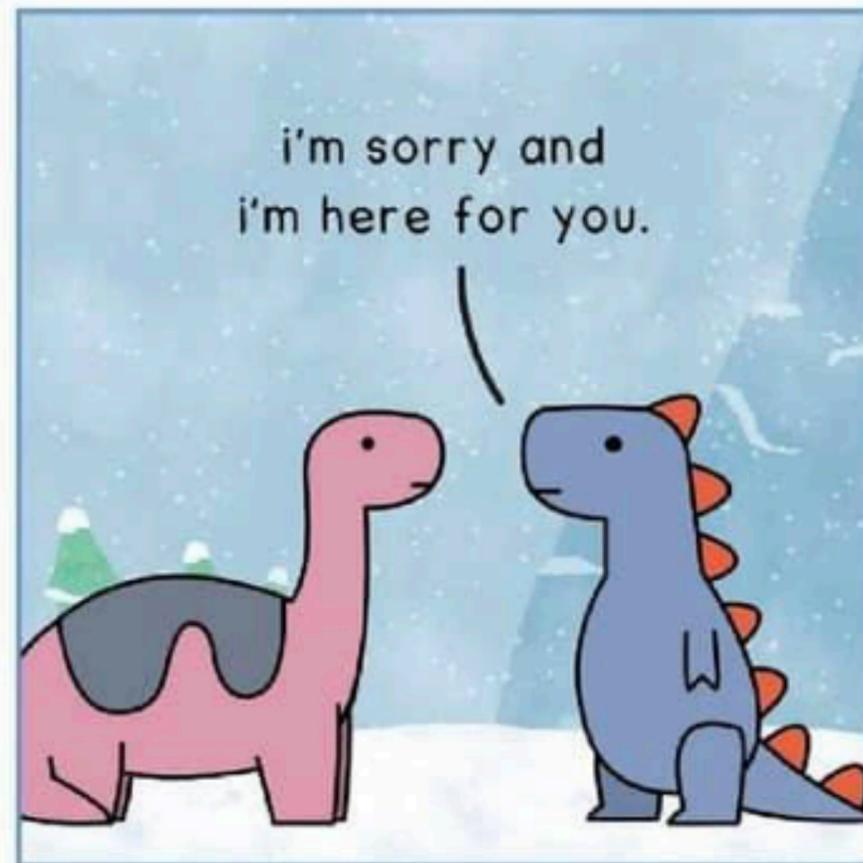
1. We falsely believe that it demonstrates a lack of faith.
- 2. We think acknowledging our negative emotions will only prolong them.**

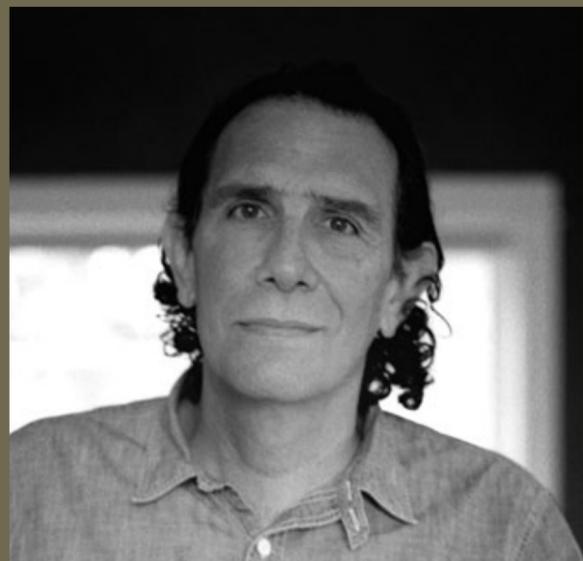
We resist the practice of lament...

1. We falsely believe that it demonstrates a lack of faith.
2. We think acknowledging our negative emotions will only prolong them.
- 3. We fear that God will not accept us in our troubled state.**



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Dan
Allender

"A lament is truly asking, seeking, and knocking to comprehend the heart of God. A lament involves the energy to search, not to shut down the quest for truth. It is passion to ask, rather than to rant and rave with already reached conclusions. A lament uses the language of pain, anger, and confusion and moves toward God."



Ps 34:18

The Lord is near to the
brokenhearted and saves
those who are crushed in
Spirit.





2 Sam
16:23

Now in those days the advice Ahithophel gave was like that of one who inquires of God. That was how both David and Absalom regarded all of Ahithophel's advice.

2 Sam
15:30-31

But David continued up the Mount of Olives, weeping as he went; his head was covered and he was barefoot. All the people with him covered their heads too and were weeping as they went up. Now David had been told, "Ahithophel is among the conspirators with Absalom." So David prayed, "Lord, turn Ahithophel's counsel into foolishness."

Psalm
55:1-5

Listen to my prayer, O God, do not ignore my plea; hear me and answer me. My thoughts trouble me and I am distraught because of what my enemy is saying, because of the threats of the wicked; for they bring down suffering on me and assail me in their anger. My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me.

Psalm
55:1-5

Listen to my prayer, O God, do not ignore my plea; hear me and answer me. My thoughts **trouble** me and I am **distraught** because of what my enemy is saying, because of the threats of the wicked; for they bring down **suffering** on me and assail me in their anger. My heart is in **anguish** within me; the **terrors** of death have fallen on me. **Fear** and **trembling** have beset me; **horror** has overwhelmed me.

Psalm
55:6-11

I said, "Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert; I would hurry to my place of shelter, far from the tempest and storm." Lord, confuse the wicked, confound their words, for I see violence and strife in the city. Day and night they prowl about on its walls; malice and abuse are within it. Destructive forces are at work in the city; threats and lies never leave its streets.

Psalm
55:12-15

If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship at the house of God, as we walked about among the worshipers.

Psalm
55:16-19

As for me, I call to God, and the Lord saves me. Evening, morning and noon I cry out in distress, and he hears my voice. He rescues me unharmed from the battle waged against me, even though many oppose me. God, who is enthroned from of old, who does not change— he will hear them and humble them, because they have no fear of God.

Psalm
55:22-23

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. But you, God, will bring down the wicked into the pit of decay; the bloodthirsty and deceitful will not live out half their days.

But as for me, I trust in you.



But David continued up the **Mount of Olives**,
weeping as he went. -2 Sam 15:30



Luke 19:41-44

As he [Jesus] approached Jerusalem and saw the city, he **wept** over it and said, "If you, even you, had only known on this day what would bring you **peace**—but now it is hidden from your eyes. The days will come upon you when your enemies will build an embankment against you and encircle you and hem you in on every side. They will dash you to the ground, you and the children within your walls. They will not leave one stone on another, because you did not recognize the time of God's coming to you."



Luke 22:39-48

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him.



Luke 22:39-46

And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."



Luke

22:47-48

While he was still speaking a crowd came up, and the man who was called Judas, one of the Twelve, was leading them. He approached Jesus to kiss him, but Jesus asked him, "Judas, are you betraying the Son of Man with a kiss?"





Rain falls because the clouds can no longer handle the weight.
Tears fall because the heart can no longer handle the pain

Psalm
56:8

You keep track of all my sorrows.
You have collected all my tears in
your bottle. You have recorded
each one in your book.



Matt 26:26-30

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom." When they had sung a hymn, they went out to the Mount of Olives.

