



Series: Learning to Lament
Title: Keep Turning to Prayer
Lesson: 1

Text: Psalm 13:1–6; 77
Date: March 23, 2025

Genesis 1:27 God created man in His own image, in the image of God He created him; male and female He created them.

Definition of lament

Lament is an expression of deep regret, anger or grief, with the intent of drawing close to God in times of pain.

Christians are not _____ from being human.

To be a believer and lament is to be like _____.

Most Biblical laments follow a similar pattern:

1. _____

2. _____

3. _____

4. _____ (Trust & Praise)



Psalm 13:1–6 1 How long, O Lord? Will You forget me forever? How long will You hide Your face from me? 2 How long shall I take counsel in my soul, Having sorrow in my heart all the day? How long will my enemy be exalted over me?

3 **Consider** and **answer me**, O Lord my God; **Enlighten** my eyes, or I will sleep the sleep of death, 4 And my enemy will say, “I have overcome him,” And my adversaries will rejoice when I am shaken.

5 But I have trusted in Your lovingkindness; My heart shall rejoice in Your salvation. 6 I will sing to the Lord, Because He has dealt bountifully with me.

1. Cry out to God

Psalm 77 For the choir director; according to Jeduthun. A Psalm of Asaph. 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.

“My soul refused to be comforted.”

2. Pray your struggles

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.

3. Pray your questions

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gracious, Or has He in anger withdrawn His compassion?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.

4. Prayer turns us around

Verses 1-10 - "I, me, my" - 20 times
Names of God - 7 times

Verses 11-20 - "I" - 3 times
Names of God - 20+ times

10 Then I said, "It is my grief, That the right hand of the Most High has changed." 11 I shall remember the deeds of the Lord; Surely I will remember Your wonders of old.

"remember"

12 I will meditate on all Your work And muse on Your deeds.

13 Your way, O God, is holy; What god is great like our God?

**Lament gives us God's permission to be _____
and grieve.**

5. Focus on the gospel.

14 You are the God who works wonders; You have made known Your strength among the peoples. 15 You have by Your power redeemed Your people, The sons of Jacob and Joseph. Selah. 16 The waters saw You, O God; The waters saw You, they were in anguish; The deeps also trembled.

17 The clouds poured out water; The skies gave forth a sound; Your arrows flashed here and there. 18 The sound of Your thunder was in the whirlwind; The lightnings lit up the world; The earth trembled and shook. 19 Your way was in the sea And Your paths in the mighty waters, And Your footprints may not be known. 20 You led Your people like a flock By the hand of Moses and Aaron.

Discussion Guide

1. Why do you think lament has been ignored and after listening to the sermon, why do you think it is necessary?
2. What are some of the questions and struggles you have to fight when you are dealing with pain.
3. How can we use lament to help others work though pain?
4. What makes lament Christian and why is it different than simply complaining about our circumstances?



ANSWERS: exempt, Jesus, Prayer, Complaint, Request, Hope, Lament, real