



4. LAMENT

Sermon Notes

Text: Psalm 71

Intro:

The Psalms are an invitation to pray

Lament is: a passionate expression of grief or sorrow

Ecclesiastes 3:1

“He that lacks time to mourn, lacks time to mend.” (Sir Henry Taylor)

The Psalms teach us that we're not supposed to stuff our feelings, but we're also not supposed to let our feelings control us; we're supposed to pray our feelings.

Psalmic lament takes us at our worst, and shows us that there is still hope.

Hope is: desire accompanied by expectation of or belief in fulfillment

Psalm 71

Invocation (vv. 1-3)

Complaint (v. 4)

Affirmation of Trust (vv. 5-8)

Petition (vv. 9-13)

Vow of Praise (vv. 14-24)

Christians experience a wide range of emotions deeply

1. Hope in God's Presence

2. Hope in God's Help

3. Hope in God's Salvation

We can rejoice in hope and praise in hope, for we are saved by hope.

Conclusion:

Life Group Discussion

Warm up:

1. When was the last time you had hope despite being in a tough situation? What was the situation?
2. What stood out to you about Sunday's sermon? What was interesting? Confusing? Weird? Thought provoking?

Study & Discussion:

1. Loss can come in many forms, loss of a dream, a relationship, a disappointment, or losing someone or something special to you. What is a recent experience you have had with loss? How did you respond? Did you allow yourself time to grieve? Why or why not?
2. Read Psalm 71. What stands out to you? Other than hope, do you see any other emotions in this Psalm? How does prayer help us with our emotional life especially when we are grieving or in times of trouble?
3. How do you tend to deal with grief? Are you comfortable expressing sorrow and lamenting or is it difficult for you? Why is our culture so uncomfortable dealing with death? How should we deal with loss?
4. Read Isaiah 53:3-5. What do these verses show us about Jesus' sacrifice for us? Do you find it comforting that God is willing to suffer alongside us and even to suffer on our behalf?

Application:

1. Take time this week to write out (and pray) a prayer of lament to God.
2. When you go through hardships remember the hope that you can have because of what Jesus has done for you.

Prayer:

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