



PSALMS OF LAMENT

“How Long, Lord?”

Bill Heck | January 2 & 5, 2025

Psalm 13

God _____ us to lament.

What makes a lament biblical? Hiding _____ from God.

God wants us to be _____ because he wants us to _____.

The Four Parts of the Lament Are:

- The C _____
- The C _____
- The C _____
- The C _____

Psalm 13

For the director of music. A psalm of David.

¹How long, LORD? Will you forget me forever?

How long will you hide your face from me?

²How long must I wrestle with my thoughts

and day after day have sorrow in my heart?

How long will my enemy triumph over me?

³Look on me and answer, LORD my God.

Give light to my eyes, or I will sleep in death,

⁴and my enemy will say, “I have overcome him,”

and my foes will rejoice when I fall.

⁵But I trust in your unfailing love;

my heart rejoices in your salvation.

⁶I will sing the LORD’s praise,

for he has been good to me.

Lament rests on a very important, though challenging tension.
Holding onto BOTH:

Our deep _____ and _____

AND

Our _____ in God

God invites us to bring our deepest _____ and _____ to _____.

Where Do I Start?

1. Make a _____ to finish out the _____ with us.
2. Find your “_____.”
3. _____ through some of the Psalms of Lament.
4. Consider _____ your own Psalm of Lament.

Some examples from the Bible of Psalms of Lament:

Psalms 6, 10, 13, 17, 22, 25, 30, 31, 69, 73, 77, 86, 88, 102.