

FORGOTTEN as THOUGH I Were DEAD ~ Psalm 31:1-13

→Scripture Reading Psalm 31:3-4, 5-6, 7-8

INTRODUCTION

QUIZ...

What kind of Psalms are there? - Praise, Wisdom, Royal, Thanksgiving, Lament

What is Lament? - Lament is a Response to Crisis, Grief, Despair, Sorrow, deep Regret

Why should we study Psalms of Lament?

There are more psalms of Lament than any other kind

They teach that honesty about our pain and brokenness is ok

Lament says - **Hard is NOT always Bad but it is Still Hard**

Come QUICKLY Lord God ~ Psalm 31:1-8

¹ In you, O LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. ² Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. ³ Since you are my rock and my fortress, for the sake of your name lead and guide me. ⁴ Free me from the trap that is set for me, for you are my refuge. ⁵ Into your hands I commit my spirit; redeem me, O LORD, the God of truth.

Luke 23:46 (NIV) Father, into your hands I commit my spirit. When He had said this, He breathed His last.

⁶ I hate those who cling to worthless idols; I trust in the LORD. ⁷ I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. ⁸ You have not handed me over to the enemy but have set my feet in a spacious place.

IMPLICATIONS

→Our Weakness and Brokenness should lead us to Dependence

⁵ Into Your hand I ENTRUST **my life**... (NET)

1 Peter 4:19 (NIV) So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good.

⁷ I will be glad and rejoice in Your LOVE, for You SAW my affliction and KNEW the anguish of my soul.

→Where do we TURN to Make our Lives WORK

⁶ I hate those who **worship worthless IDOLS**. I trust in the LORD. (NLT)

Absolute DESPAIR ~ Psalm 31:9-13

⁹ Be merciful to me, O LORD, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. ¹⁰ My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. ¹¹ Because of all my enemies, I am the utter contempt of my neighbors; I am a dread to my friends - those who see me on the street flee from me. ¹² I am forgotten by them as though I were dead; I have become like broken pottery. ¹³ For I hear the slander of many; there is terror on every side; they conspire against me and plot to take my life.

IMPLICATIONS

→ **HARD** stuff is not always **BAD** but it is **Still HARD** stuff

John 16:33 (NLT) I have told you all this so that you may have peace **IN ME**. Here on earth you **WILL** have **MANY** trials and sorrows. But take heart, because I have overcome the world.

Instead of giving God the silent treatment, falling into either **DESPAIR** (I can't do this) or **DENIAL** (everything's fine), Lament encourages us to talk to God about our struggles **SO THAT** we can reaffirm our **TRUST** in Him. Simply stated, **Lament is a prayer in pain that leads to trust.** M. Vroegop

There is a **HOPE** that lifts my **WEARY** head,
A consolation strong against despair,
**That when the world has plunged me in its deepest pit,
I find the Savior there.**
Through present sufferings, future's fear,
He whispers 'courage' in my ear.
For I am **SAFE** in everlasting arms,
And they will lead me home.

Psalm 130:1-2 (NIV) Out of the depths I cry to you, O LORD; ² O Lord, **HEAR** my voice. Let your ears be attentive to my cry **FOR** mercy.

2 Chronicles 20:12 (NIV) O our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but **OUR** eyes are upon **YOU**.

TAKE AWAY ??

Lamentations 3:20-23 (NLT) I will never forget this awful time, as I grieve over my loss. ²¹ Yet I still **DARE** to **HOPE** when I remember this: ²² The faithful love of the LORD never ends! His mercies never cease. ²³ **GREAT** is His faithfulness; His **MERCIES** begin afresh each morning.