

## **Psalm 31:3-4 (NLT)**

You are my rock and my fortress. For the honor of your name, lead me out of this danger. <sup>4</sup> Pull me from the trap my enemies set for me, for I find protection in you alone.

## **Psalm 31:5-6 (NLT)**

I entrust my spirit into your hand. Rescue me, LORD, for you are a faithful God.

<sup>6</sup> I hate those who worship worthless idols. I trust in the LORD.

## **Psalm 31:7-8 (NLT)**

I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul. <sup>8</sup> You have not handed me over to my enemies but have set me in a safe place.

**Forgotten as THOUGH  
I were DEAD**

**Psalm 31:1-13**

# QUIZ...

## What kind of Psalms are there?

Praise, Wisdom, Royal, Thanksgiving, **Lament**,  
Teaching, Acrostic, Imprecatory

## What is Lament?

Response of Crisis, Grief, Despair, Sorrow,  
deep Regret

# QUIZ...

## Why should we study Psalms of Lament?

More psalms of Lament than any other kind

Teach that honesty about our pain and  
brokenness is ok

Luke 23:46 (NIV)

**Father, into your hands**

**I commit my spirit.**

When He had said this, He  
breathed His last.

→ **Our Weakness and Brokenness  
should lead us to Dependence**

<sup>5</sup> 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.**

<sup>7</sup> 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**

**<sup>6</sup> I hate those who worship  
worthless IDOLS.**

**I TRUST in the LORD.** (NLT)

**→ 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;**

<sup>2</sup> 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.**

Lamentations 3:20-23 (NLT)

I will never forget this **awful time**,  
**as I grieve over my loss.**

<sup>21</sup> Yet I still **DARE to HOPE** when I  
remember this:

<sup>22</sup> The **FAITHFUL love** of the  
**LORD never ends!**

**His mercies never cease.**



23 **GREAT** is His **faithfulness**;  
His **MERCIES** begin **afresh** each morning.