



Colossians 3:16–17 (CSB)

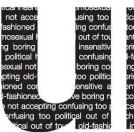
Let the word of Christ dwell richly among you, in all wisdom teaching and admonishing one another through psalms, hymns, and spiritual songs, singing to God with gratitude in your hearts.

And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.



hypocrite "hypocrites" Actor

Christians are hypocrites.



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WHAT A NEW GENERATION REALLY
THINKS ABOUT CHRISTIANITY

... AND WHY IT MATTERS

GROUNDBREAKING RESEARCH FROM THE BARNA GROUP

DAVID KINNAMAN

AND GABE LYONS

We Fake.. happiness, contentment, praise

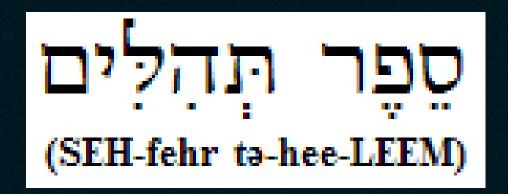
"I'm fine."

F ALTY LING

MAKING THE PSALMS A PART OF OUR DAILY LIVES



"Book of Praises" Sefer Tehillim



Psalms of Lament

1/3 of the Psalms
Personal or Corporate

lament – feeling or expressing sorrow orgrief

simply stated, lament is a prayer (song) in pain that leads to trust.

Psalm 88

A CRY OF DESPERATION

A song. A psalm of the sons of Korah. For the choir director: according to Mahalath Leannoth. A Maskil of Heman the Ezrahite.

Psalm 88

- according to Mahalath Leannoth regarding affliction or pain? on a guitar type instrument
- maskil poem or song of contemplation or instruction
 - of Heman

Psalms of Lament

- give us a means of reconciling our present condition with the promise of God's love and restoration
- provide for us a path to move from complaint (dejection) to praise (joy)

Turn to God Complain Ask Boldly Trust

Turn, Complain, Ask, Trust

Psalm 88

"My heart longed for the minor-key tune of lament – a song for whey you are living between the poles of a hard life and trust in God's sovereign care." -Mark Vroegop

Personal Lament Psalm 13

"Rushing to dump our doubts and questions on friends, on family, or on Facebook, without having gone to God... is not lamenting but venting, and in the long run it doesn't do any good... People aren't big enough to absorb your grief, God is." -Andrew Wilson

Hebrews 4:15–16 (CSB)

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has been tempted in every way as we are, yet without sin.

Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need.

Corporate Lament Psalm 12

Romans 12:15 (CSB)
Rejoice with those who rejoice; weep with those who weep.

Galatians 6:2 (CSB)

Carry one another's burdens; in this way you will fulfill the law of Christ.

We know lament is not the end.

Revelation 21:4 (CSB)

He will wipe away every tear from their eyes. Death will be no more; grief, crying, and pain will be no more, because the previous things have passed away.

TPSALTY TIME

Psalms of Corporate Lament:

12, 44, 58, 60, 74, 79, 80, 83, 85, 89, 90, 94, 123, 126, 129

PSALTY LIVING

Psalms of Personal Lament:

3-7, 9-10, 13, 14, 17, 22, 25, 26, 27, 28, 31, 32, 35, 36, 38, 39, 40:12-17, 41, 42-43, 51-57, 59, 61, 64, 70, 71, 77, 86, 88, 89, 102, 120, 130, 139-143

PSALTY LIVINGTurn, Complain, Ask, Trust

Allow others in your life the privilege of Lament.

Discern if you are trusting God or your self in a situation of sorrow. Are you pretending? Are you trying to fix the pain instead of waiting for God?

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