



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.





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“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.”



**P SALTY
LIVING**

**MAKING THE
PSALMS A PART OF
OUR DAILY LIVES**



“Book of Praises” Sefer Tehillim

סֵפֶר תְּהִלִּים

(SEH-fehr tə-hee-LEEM)

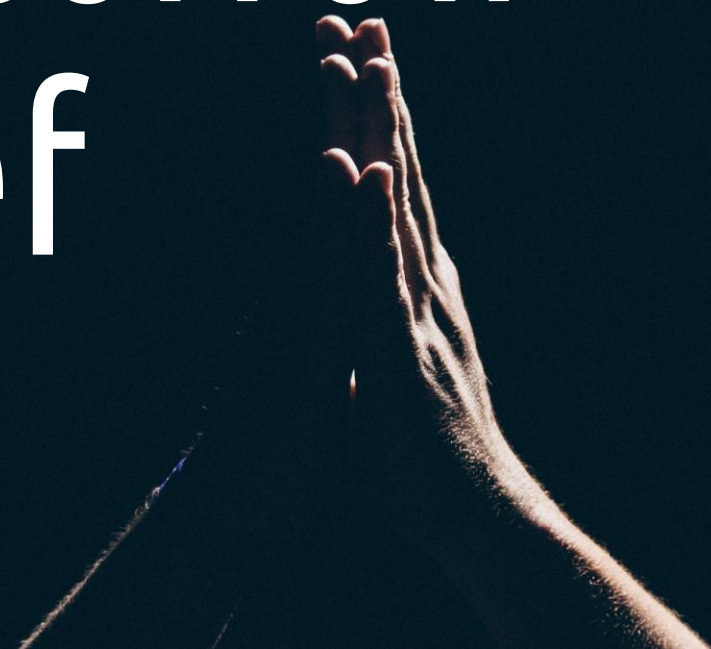


Psalms of Lament

1/3 of the Psalms
Personal or Corporate



lament – feeling or
expressing sorrow
or grief



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 Leannoeth.
A Maskil of Heman the Ezrahite.



Psalm 88

- according to Mahalath Leannothe – 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
when 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.



PSALTY LIVING

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 LIVING

Turn, 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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