

The Psalms are a sign pointing toward biblical worship. Biblical worship: prioritizes God, integrates worship and life and points to Jesus.

- Question: will we follow the sign of the Psalms toward biblical worship?

**The Cutting Room Floor: available on
Apple Podcasts or at [iTunes.Apple.com](https://www.apple.com/itunes)**



Authentic Emotions:

- Anger — 109:6-15**
- Frustration — 35:15**
- Fear — 56:3**
- Shame — 44:9**
- Anxiety — 94:19**
- Sadness — 6:6-7**

⁶Appoint a wicked man against him; let an accuser stand at his right hand. ⁷When he is tried, let him come forth guilty; let his prayer be counted as sin!

⁸May his days be few; may another take his office! ⁹May his children be fatherless and his wife a widow! ¹⁰May his children wander about and beg, seeking food far from the ruins they inhabit!

**¹¹May the creditor seize all that he has;
may strangers plunder the fruits of his toil!**

**¹²Let there be none to extend kindness to
him, nor any to pity his fatherless children!**

¹³May his posterity be cut off; may his name be blotted out in the second generation!

¹⁴May the iniquity of his fathers be remembered before the Lord, and let not the sin of his mother be blotted out!

**¹⁵Let them be before the Lord continually,
that he may cut off the memory of them
from the earth!**

Psalm 109:6-15

Authentic Emotions:

- Anger — 109:6-15**
- Frustration — 35:15**
- Fear — 56:3**
- Shame — 44:9**
- Anxiety — 94:19**
- Sadness — 6:6-7**

I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief; it grows weak because of all my foes.

Psalm 6:6-7

**How long, O Lord? Will you forget me
forever? How long will you hide your face
from me?**

Psalm 13:1

Truly God is good to Israel, to those who are pure in heart. But as for me, my feet had almost stumbled, my steps had nearly slipped. For I was envious of the arrogant when I saw the prosperity of the wicked.

Psalm 73:1-3

In the face of our sorrow, the Psalms of Lament are an invitation to authenticity.

Authentic:

- Emotions—6:6-7**
- Questions—13:1**
- Doubts—73:1-3**

wcchapel.org/gls

“You know hospitality is one of my great passions. Sometimes, though, I have a hard time practicing that loving welcome with the parts of me I’d rather ignore or push out. Let’s learn to welcome our whole selves—the anger, the sadness, the confession, the dreams and longings we can’t even say out loud.

The failures and heartbreaks, the grief and rage, the doubt and darkness. Let's claim it all, make space for it all, show hospitality and love and welcome toward every last bit of our wild, unruly, God-created, deeply-loved selves."

“Everything difficult indicates something more than our theory of life yet embraces.”

—George MacDonald

“Everything difficult indicates something more than our theory of life yet embraces.”

—George MacDonald

“There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.”

—Hamlet (1.5.167–68)

In the face of our sorrow, the Psalms of Lament are an invitation to ordered authenticity.

Order to the Psalms of Lament

- Call to God—v.1**
- Cry for help—vv.2-5, 19-21a**
- Complaint of wrong—vv.6-18**
- Confession of sin**
- Curse of enemies**
- Confidence in God—vv.21b-24**
- Commendation of God—vv.25-31**

Lamentations: 5 chapters=5 poems

Ch. 1—the city (what you lost)

Ch. 2—the destruction (what you experienced)

Ch. 3—the exile (what changed)

**Ch. 4—the retelling (what cannot be
forgotten)**

Ch. 5—the prayer (what you said to God)

Lamentations: 5 chapters=5 poems

Ch. 1—the city (what you lost)

- 22 stanza alphabetic acrostic

Ch. 2—the destruction (what you experienced)

- 22 stanza alphabetic acrostic

Ch. 3—the exile (what changed)

- 66 line triple alphabetic acrostic

Lamentations: 5 chapters=5 poems cont.

Ch. 4—the retelling (what cannot be forgotten)

- 22 stanza alphabetic acrostic

Ch. 5—the prayer (what you said to God)

- 22 lines

“The Psalms teach us that our emotions are grounded in our faith, our covenant faith. This contradicts our mistaken belief that emotions are something over which we have no control.”

—Tremper Longman III
How to Read the Psalms

Order to our Laments:

- 1. How will I address my call to God?**
- 2. What does my cry for help sound like?**
- 3. What is my complaint?**
- 4. What do I need to confess?**
- 5. What curses have been festering in my soul?**
- 6. Express confidence in God**
- 7. Commend God's nature and character**

In the face of our sorrow, the Psalms of Lament are an invitation to ordered congregational authenticity.

- See Psalm 22:21, 22-23, 25

“And let us not hold aloof from our church meetings, as some do. Let us do all we can to help one another’s faith, and this the more earnestly as we see the final day drawing ever nearer.”

**—*Hebrews 10:25*
(*J.B. Phillips Translation*)**

In the face of our sorrows, the Psalms of Lament are an invitation to ordered congregational authenticity.

Q: What if I open the invitation?

A: You will see Jesus in your suffering