

Psalm 13: Lament



Overview of the message:

We had a break from Nehemiah this week - Dave Horsfall from Mosaic Church visited and taught about lament - the act of expressing sadness/complaint.

All of us experience suffering in our lives, but how should we respond? Often we try to ignore suffering or pretend it doesn't affect us. However in scripture we see God's people expressing their suffering before Him in lament.

Key Points

1. Genesis 6-8: Due to humanity's wickedness, God flooded the whole earth. God promised Noah he would never do this again, but the waters, representing chaos, still remained. The world is chaotic. If we haven't already experienced suffering in it, we will at some point.
2. Throughout the bible we see God's people bringing their suffering/complaints/questions to Him. The authors of scripture are willing to spend time in their pain - e.g. Psalms 13, 44, 69. The cry of lament is the cry of the faithful, not the faithless.
3. In God we have the hope that one day all of our suffering will end. Revelation 21:1 - 'no more sea' - He's going to get rid of all chaos. 21:4 - 'He will wipe away every tear from their eyes'.

Questions

1. Are you able to recognise/acknowledge when you are going through suffering, or do you ever ignore/suppress it?
2. Do you find it easy to talk to God in times of suffering, or when you're angry/frustrated/confused? If not, what makes it hard?
3. Read Psalm 13. What can we learn from the psalmist about how to bring our suffering to God?
4. How can we grow in being open with each other about our personal suffering?