



A Psalm for All Seasons

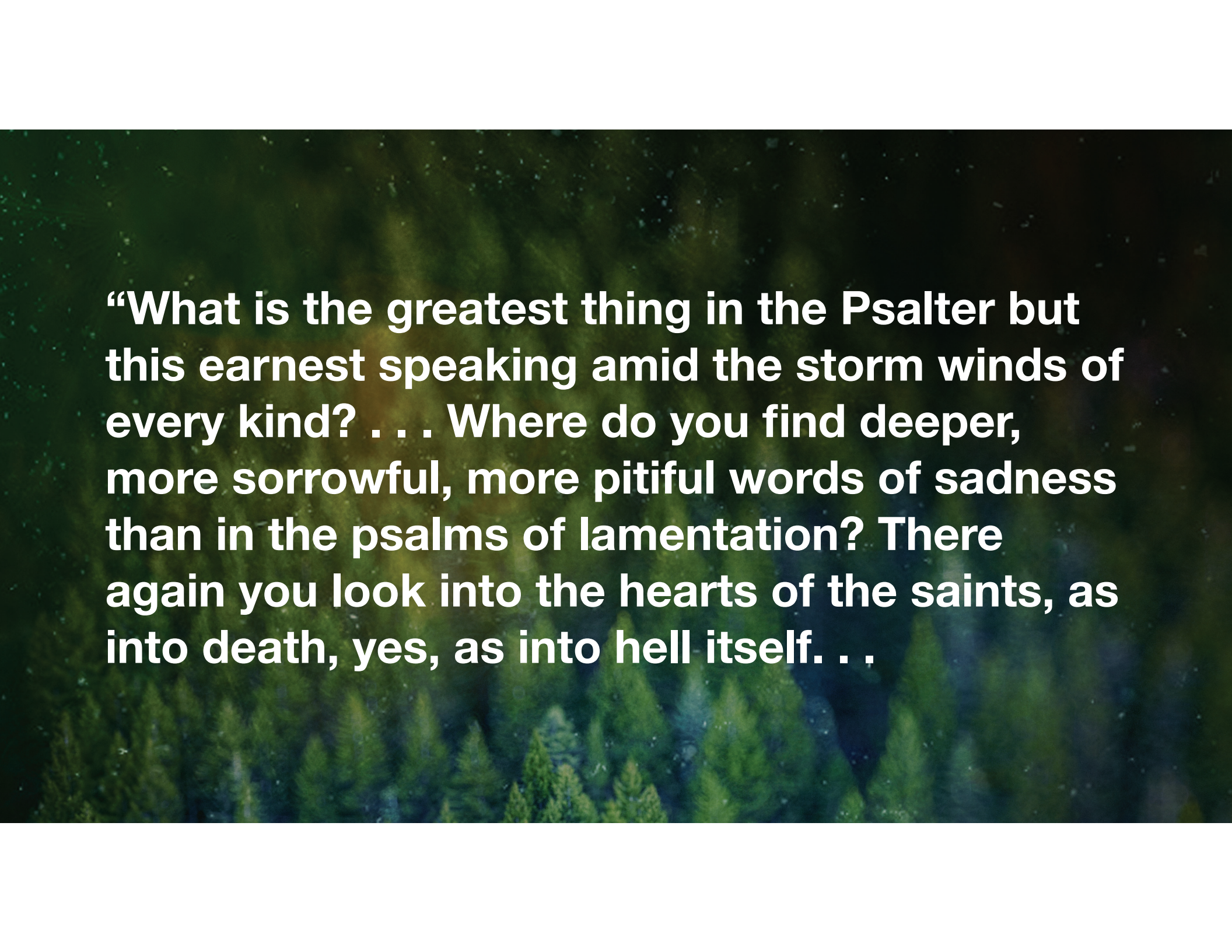
Week 5: Lament: The Cry of the Human Heart

Senior Teaching Pastor Jim Supp - Reston Bible Church - Sunday, December 8 2024

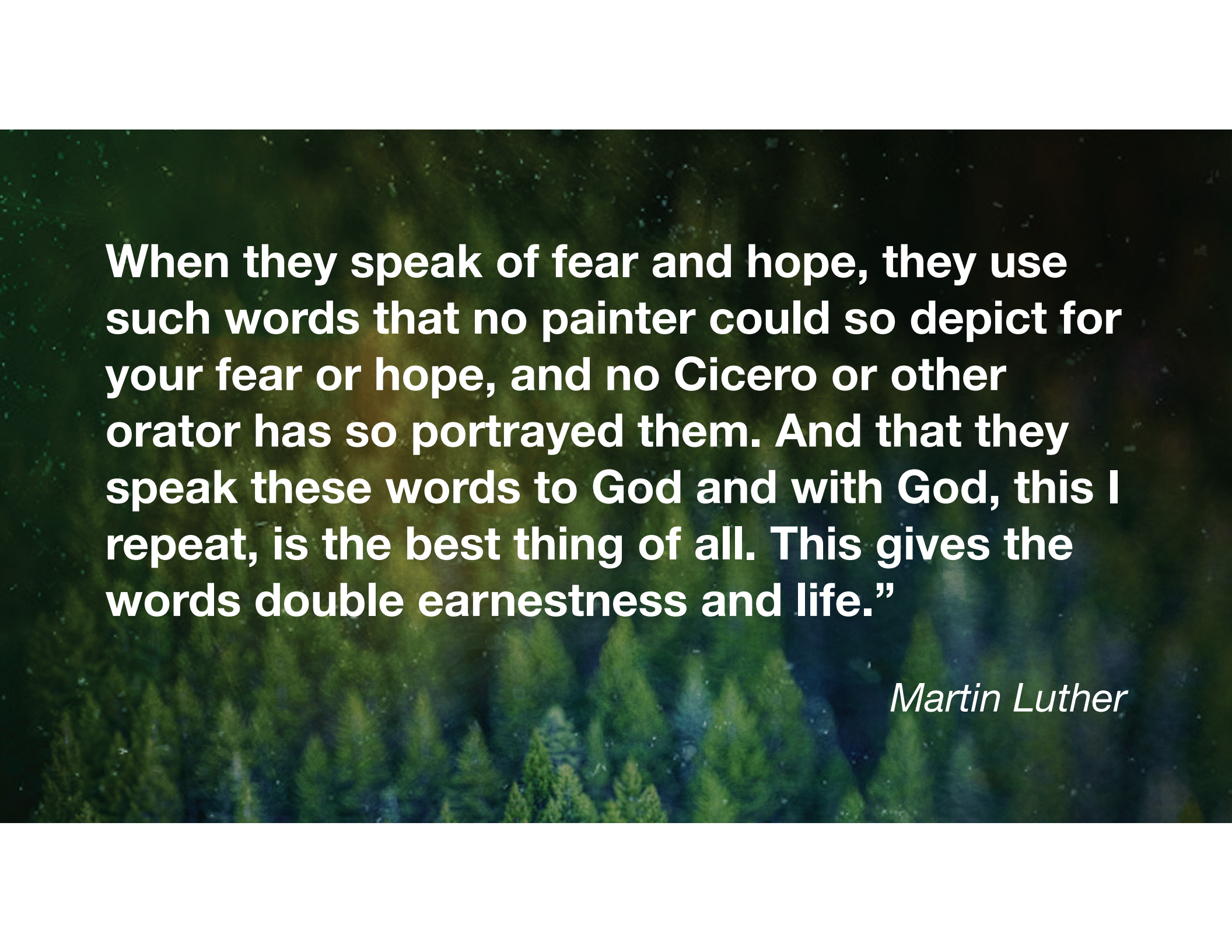
An aerial photograph of a dense evergreen forest at night. The trees are illuminated from below, creating a warm, golden glow that contrasts with the dark, starry sky above. The overall mood is serene and contemplative.

Week 5 – **Lament**: The Cry of the Human Heart

Lament is a passionate expression of deep sorrow, grief or regret but leads to trust.



“What is the greatest thing in the Psalter but this earnest speaking amid the storm winds of every kind? . . . Where do you find deeper, more sorrowful, more pitiful words of sadness than in the psalms of lamentation? There again you look into the hearts of the saints, as into death, yes, as into hell itself. . .

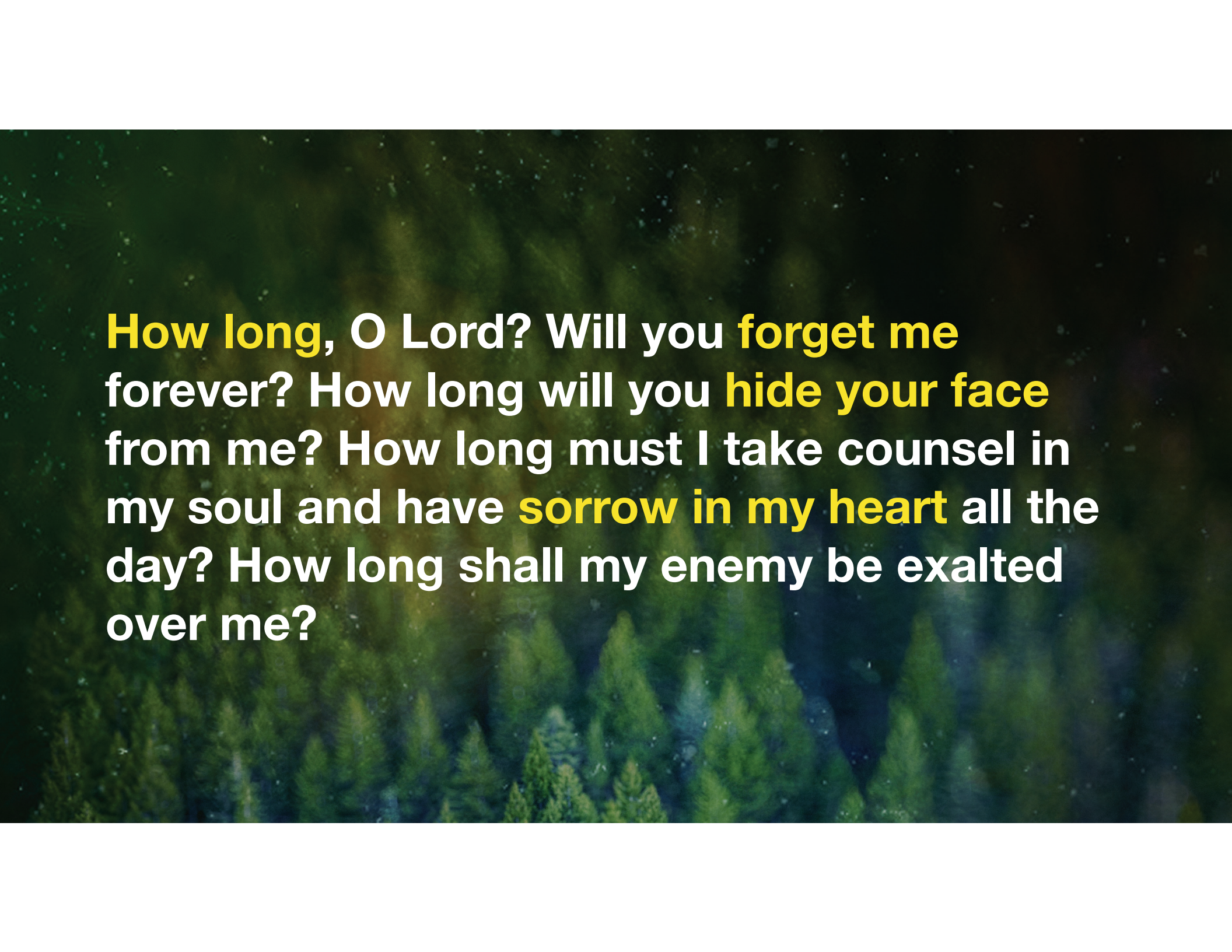


When they speak of fear and hope, they use such words that no painter could so depict for your fear or hope, and no Cicero or other orator has so portrayed them. And that they speak these words to God and with God, this I repeat, is the best thing of all. This gives the words double earnestness and life.”

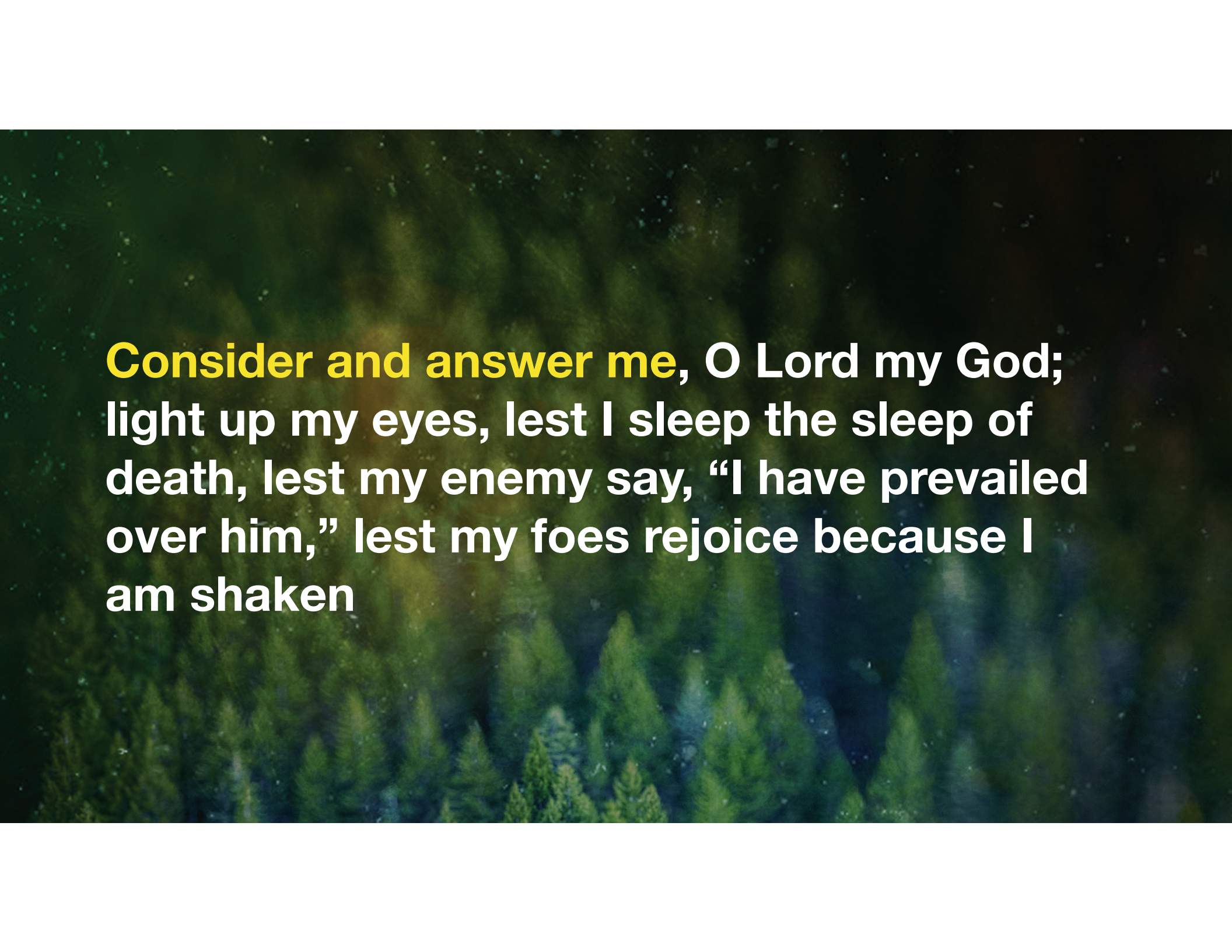
Martin Luther

An aerial photograph of a dense evergreen forest at night. The trees are illuminated from below, creating a vibrant green glow. The sky above is dark and filled with numerous stars, suggesting a clear night. The overall scene is serene and majestic.

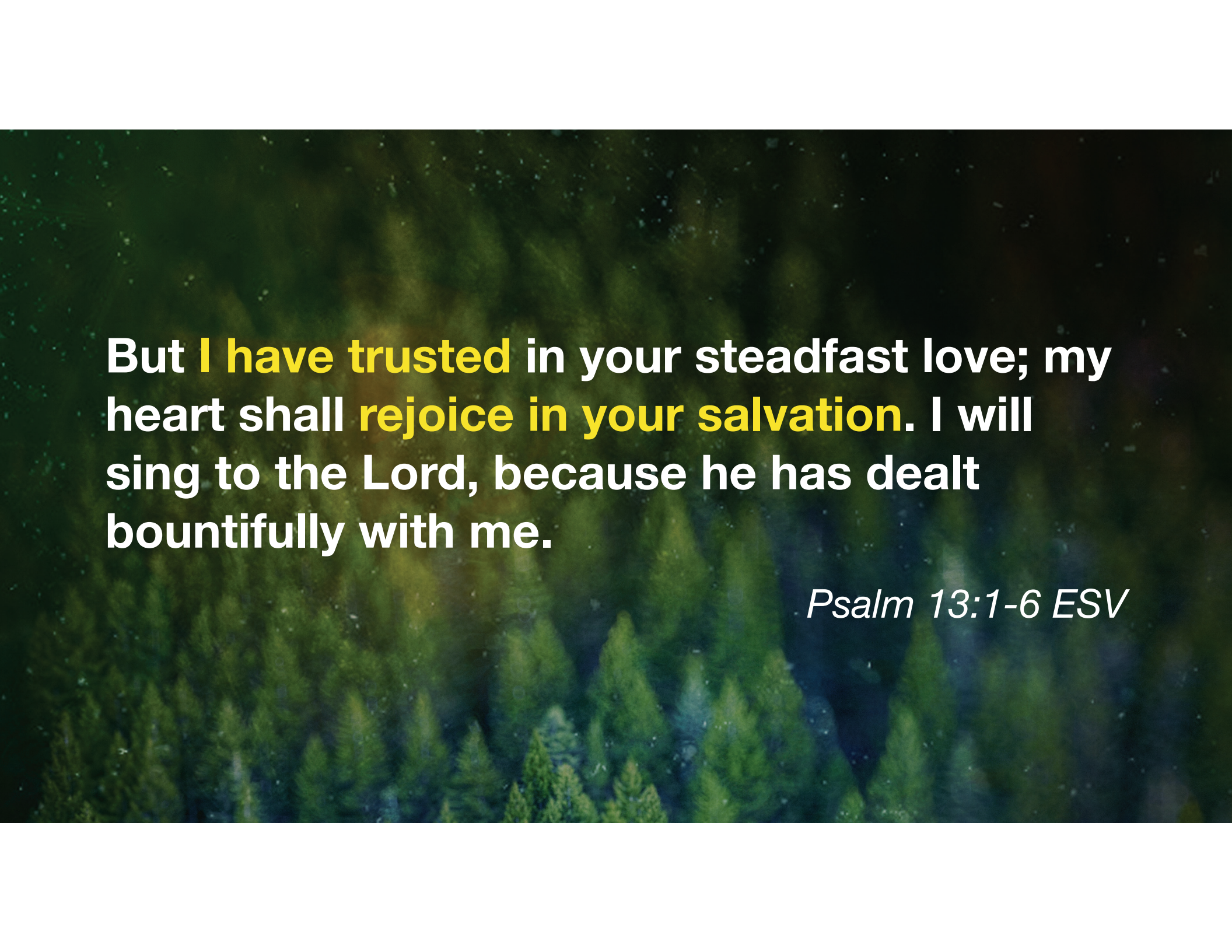
Pattern of Lament: Turn to God, A Cry of Complaint, An Earnest Request, A Declaration of Trust.



How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?



Consider and answer me, O Lord my God;
light up my eyes, lest I sleep the sleep of
death, lest my enemy say, “I have prevailed
over him,” lest my foes rejoice because I
am shaken



But **I have trusted** in your steadfast love; my heart shall **rejoice in your salvation**. I will sing to the Lord, because he has dealt bountifully with me.

Psalm 13:1-6 ESV

An aerial photograph of a dense evergreen forest at night. The trees are illuminated from below, creating a vibrant green and blue glow. The sky above is dark and filled with numerous bright stars, suggesting a clear night sky. The overall scene is serene and majestic.

1. Turn to God

2. A Cry of Complaint

**How long, O Lord? Will you forget me forever?
How long will you hide your face from me?
How long must I take counsel in my soul and
have sorrow in my heart all the day? How long
shall my enemy be exalted over me?**

Psalm 13:1-2 ESV

The Garden

Hematidrosis – sweating drops of blood – capillaries burst mixed with sweat falling to the ground as blood due to extreme anxiety and sorrow.

The Cross

And about the ninth hour Jesus cried out with a loud voice, saying, “Eli, Eli, lema sabachthani?” that is, “My God, my God, **why have you forsaken me?**”

Matthew 27:46 ESV

3. An Earnest Request

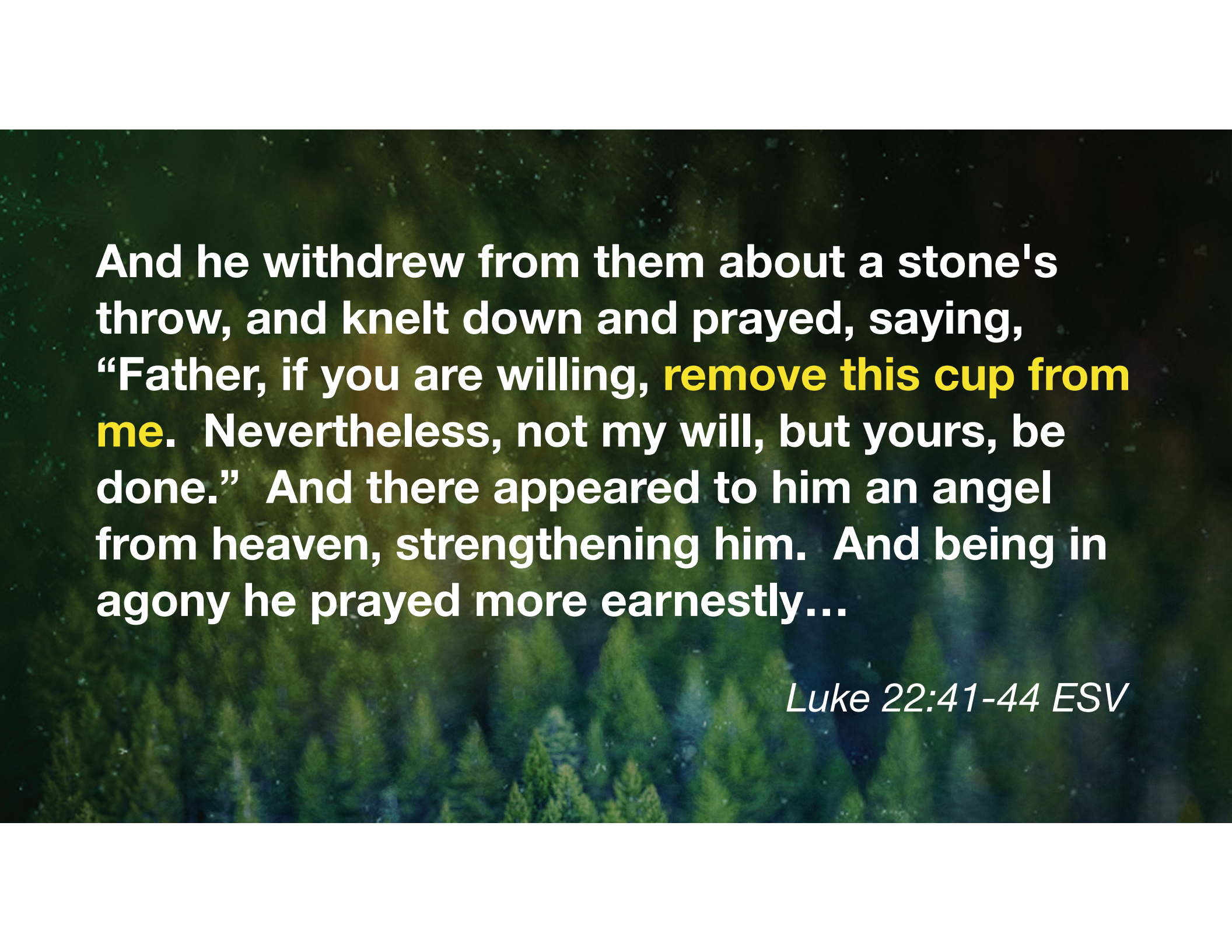
Consider and answer me, O Lord my God;
light up my eyes, lest I sleep the sleep of
death, lest my enemy say, “I have prevailed
over him,” lest my foes rejoice because I
am shaken.

Psalm 13:3-4 ESV

Consider – to observe with care or pay close attention to.

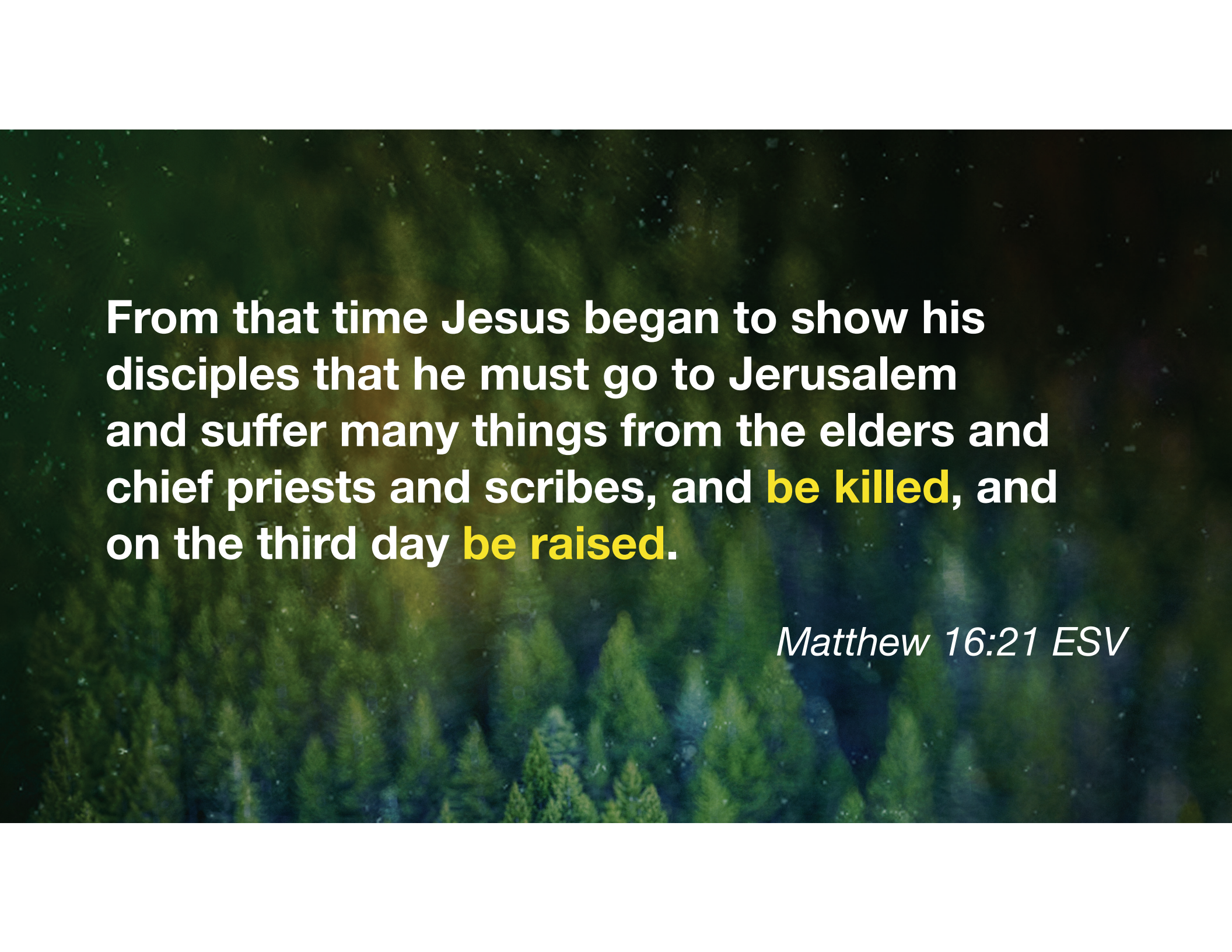
O Lord my God – YHWH - treasured name of the Jewish people, I am who I am. Elohim - the All Powerful Creator.

Sleep the sleep of death – I can no longer bear up under the weight of this care and grief.



And he withdrew from them about a stone's throw, and knelt down and prayed, saying, “Father, if you are willing, **remove this cup from me.** Nevertheless, not my will, but yours, be done.” And there appeared to him an angel from heaven, strengthening him. And being in agony he prayed more earnestly...

Luke 22:41-44 ESV



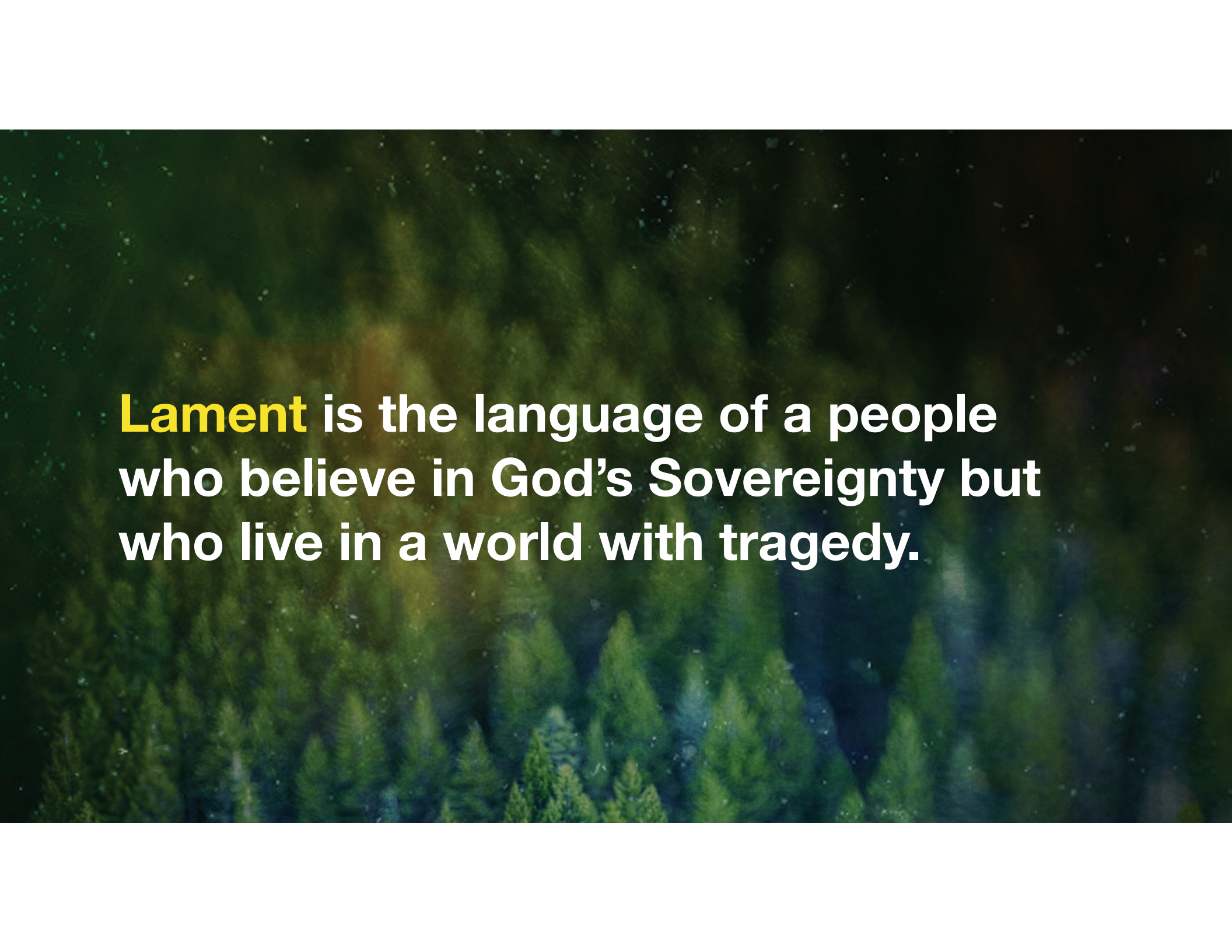
From that time Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and **be killed**, and on the third day **be raised**.

Matthew 16:21 ESV

4. A Declaration of Trust

But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the Lord, because he has dealt bountifully with me.

Psalm 13:5-6 ESV

An aerial photograph of a dense evergreen forest at night. The trees are illuminated from below, creating a vibrant green glow. The sky above is dark and filled with numerous stars, suggesting a clear night. The overall scene is serene and majestic.


Lament is the language of a people who believe in God's Sovereignty but who live in a world with tragedy.

An aerial photograph of a dense evergreen forest, likely a coniferous forest, with a bright light flare or sunburst effect in the center. The trees are dark green and densely packed. The text "Trust – to rely upon, be confident in." is overlaid on the image, with "Trust" in yellow and the rest in white.

Trust – to rely upon, be confident in.

After this many of his disciples turned back and no longer walked with him. So Jesus said to the twelve, “Do you want to go away as well?” Simon Peter answered him, “Lord, **to whom shall we go?** You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God.”

John 6:66-69 ESV

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- **Turn To God** - Humbly Stop Running and Resisting
 - **A Cry of Complaint** - Humbly Present Your Case
 - **An Earnest Request** - Humbly Ask of the Lord
 - **A Declaration of Trust** - Boldly Proclaim Confidence