What is a lament?

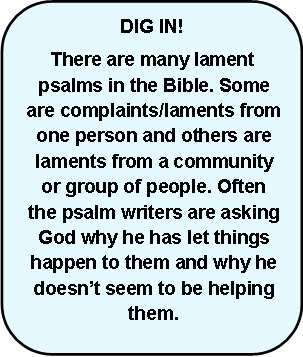
I am worn out from my groaning.

All night long I flood my bed with weeping and drench my couch with tears.

Psalm 6:6

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What kinds of things do people lament about? (List 2 or 3 things)

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**Read Psalm 13 in your Bible or on BibleGateway**. Copy verse one below.

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What is the writer of Psalm 13 expressing sadness (lamenting) about?

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What is the writer asking God to do for him/her? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Look at the last 2 verses. How are they different to the rest of the Psalm?

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Read these verses from Psalm 123

### **Psalm 123**

1Our Lord and our God,  
    I turn my eyes to you,  
    on your throne in heaven.  
2Servants look to their master,  
but we will look to you,  
    until you have mercy on us.

3Please have mercy, Lord!  
    We have been insulted  
    more than we can stand,  
4and we can’t take more abuse from those proud,  
    conceited people.

What is the writer complaining

about/lamenting?

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What do you think the writer would

like God to do for them?

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