

# Psalms ~ Psalms of Lament

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**

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

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## DIG IN!

There are many lament psalms in the Bible. Some are complaints/laments from one person and others are laments from a community or group of people.

Often the psalm writers are asking God why he has let things happen to them and why he doesn't seem to be helping them.

Read Psalm 13 in your Bible. 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 two verses. How are they different to the rest of the Psalm?

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Read these verses from Psalm 123:



- <sup>1</sup> Our LORD and our God,  
I turn my eyes to you,  
on your throne in heaven.
- <sup>2</sup> Servants look to their master,  
but we will look to you,  
until you have mercy on us.
- <sup>3</sup> Please have mercy, LORD!  
We have been insulted  
more than we can stand,
- <sup>4</sup> and 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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