

psalm 42  
and 43

*Psalms of*  
**LAMENT**

*Why, my soul, are  
you downcast?  
Why so disturbed within me?  
Put your hope in God.*



## **Lament:**

to express grief, sorrow, or regret

# Psalm of LAMENT

## Personal

3, 4, 5, 7, 10, 13, 17, 22, 25, 26, 28,  
31, 39, 42, 43, 54, 55, 56, 57, 59, 61,  
64, 70, 71, 77, 86, 120, 141, 142

## Corporate

12, 44, 58, 60, 74, 79, 80, 83, 85, 90,  
94, 123, 126

## Repentant

6, 32, 38, 51, 102, 130, 143

## Imprecatory

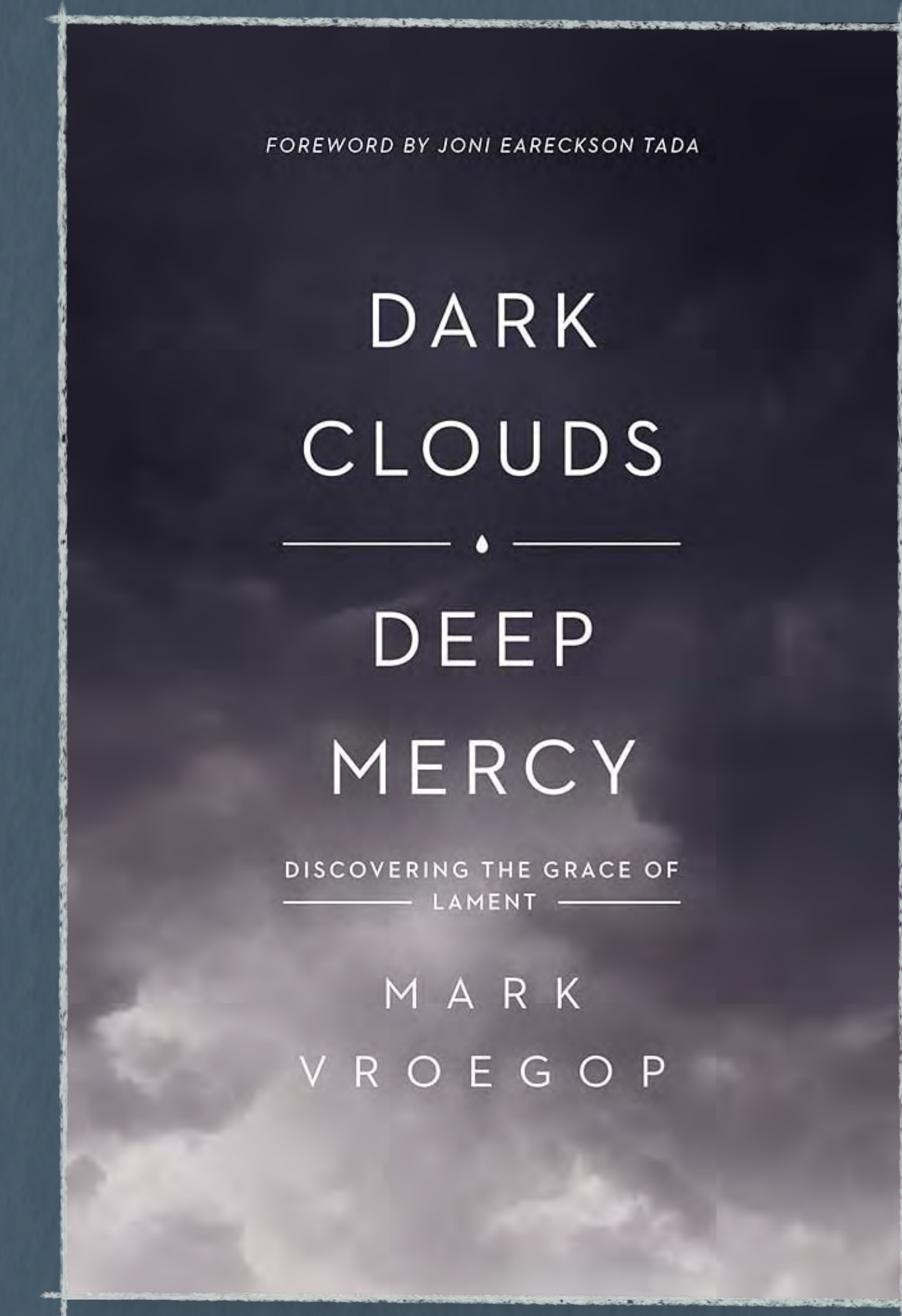
35, 69, 83, 88, 109, 137, 140

## Partial

9:13-20, 27:7-14, 40:11-17

“Lament is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God’s goodness.”

- **MARK VROEGOP**, *Dark Clouds Deep Mercy*



# *The Pattern of a* **Lament**

## **Turn**

Actively turn toward  
God in prayer.

## **Complain**

State the reasons for  
the sorrow.

## **Ask**

Make a request of God  
to act or do something.

## **Trust**

Make a statement of  
renewed faith and trust.

**Psalm 77:1-2** NIV

I cried out to God for help; I cried out to God to hear me. <sup>2</sup> When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted.

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Make a request of God  
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## **Trust**

Make a statement of  
renewed faith and trust.

Lament moves us  
toward  
the goodness of  
God in the midst of  
a broken world.

**Psalm 42:1-5** <sup>NIV</sup>

As the deer pants for streams of water,  
so my soul pants for you, my God.

<sup>2</sup> My soul thirsts for God, for the living God.  
When can I go and meet with God?

<sup>3</sup> My tears have been my food  
day and night,  
while people say to me all day long,  
“Where is your God?”

<sup>4</sup> These things I remember  
as I pour out my soul:  
how I used to go to the house of God  
under the protection of the Mighty One  
with shouts of joy and praise  
among the festive throng.

<sup>5</sup> Why, my soul, are you downcast?  
Why so disturbed within me?

Put your hope in God,  
for I will yet praise him,  
my Savior and my God.

**Psalm 42:6-11** NIV

My soul is downcast within me;  
therefore I will remember you  
from the land of the Jordan,  
the heights of Hermon—from Mount Mizar.

<sup>7</sup> Deep calls to deep  
in the roar of your waterfalls;  
all your waves and breakers  
have swept over me.

<sup>8</sup> By day the LORD directs his love,  
at night his song is with me—  
a prayer to the God of my life.

<sup>9</sup> I say to God my Rock,  
“Why have you forgotten me?  
Why must I go about mourning,  
oppressed by the enemy?”

<sup>10</sup> My bones suffer mortal agony  
as my foes taunt me,  
saying to me all day long,  
“Where is your God?”

<sup>11</sup> Why, my soul, are you downcast?  
Why so disturbed within me?  
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for I will yet praise him,  
my Savior and my God.

Turn to God

Complain

Ask

Trust

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Turn  
**Complain to God**  
Ask  
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**Psalm 42:3-5** NIV

My tears have been my food day and night, while people say to me all day long, "Where is your God?"

<sup>4</sup> These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. <sup>5</sup> Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

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**Psalm 42:10** NIV

My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"



“God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is His megaphone to rouse a deaf world.”


- C.S. LEWIS

Turn  
**Complain to God**  
Ask  
Trust

**Psalm 42:3, 7-10** NIV

My tears have been my food day and night, while people say to me all day long, "Where is your God?"

<sup>7</sup> Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. <sup>8</sup> By day the LORD directs his love, at night his song is with me— a prayer to the God of my life. <sup>9</sup> I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" <sup>10</sup> My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"



“I shall look at the world through tears. Perhaps  
I shall see things that dry-eyed I could not see.”

- Nicholas Wolterstorff, *Lament for a Son*

## Psalm 43 <sup>NIV</sup>

Vindicate me, my God,  
and plead my cause  
against an unfaithful nation.

Rescue me from those who are  
deceitful and wicked.

<sup>2</sup> You are God my stronghold.

Why have you rejected me?

Why must I go about mourning,  
oppressed by the enemy?

<sup>3</sup> Send me your light and your faithful care,  
let them lead me;

let them bring me to your holy mountain,  
to the place where you dwell.

<sup>4</sup> Then I will go to the altar of God,  
to God, my joy and my delight.

I will praise you with the lyre,  
O God, my God.

<sup>5</sup> Why, my soul, are you downcast?

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for I will yet praise him,  
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Turn  
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Trust God

**Psalm 43** <sup>NIV</sup>

Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. <sup>2</sup> You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? <sup>3</sup> Send me your light and your faithful care, let them lead me, let them bring me to your holy mountain, to the place where you dwell. <sup>4</sup> Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God. <sup>5</sup> Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

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**Insert Lament Song Jesus Come  
Video Ryan & Brooke**

**Might be a good opportunity to include  
fellowship worship logo or info**

**Revelation 21:4** <sup>NIV</sup>

“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”