

## PSALMS

### OBSERVATION OF THE LAMENTS

- 1. Invocation:** Address God mentioning attributes
- 2. Lamentations:** Describe difficulties, sufferings personal or community feelings.
- 3. Petition:** Praying for God's intervention.
- 4. Motivation:** Mentions why God should answer.
- 5. Vow:** Words of dedication, to praise or serve.
- 6. Divine response:** Answer from God (Not seen always)
- 7. Expression of confidence:** Expressing the assurance in God for answer.

# PSALMS

## 1. PSALMS OF LAMENT

- **TWO TYPES OF LAMENTS**

1. **Individual laments (could read "I or Me")**
2. **Community laments (Could read "Us or We")**

### **Individual laments**

**3, 5, 6, 7, 10, 13, 17, 22, 25, 26, 28, 31, 38, 51, 54, 55,  
56, 57, 59, 61, 63, 64, 69, 70, 71, 73, 77, 86, 88, 102,  
109, 120, 130, 140, 141, 142, 143 (37 at least)**

### **Community laments**

**44, 60, 74, 79, 80, 83, 85, 90, 94, 137 (10 at least)**

## MY PRAYER OF LAMENT

**GO TO THE FATHER**- Choose to seek Him first, before anything or anyone else.

**COMPLAINT**- "My plea is \_\_\_\_\_

”

(Be honest and specific)

**REQUEST**- "I need you to \_\_\_\_\_

”

(Express what you want God to do---what you believe you need from Him regarding your complaint).

**AFFIRMATION OF TRUST**- Focus on the Lord and not on oneself or the problem. Express certainty of a good and righteous resolution, *no matter how the Lord chooses to answer your plea:*

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**GLORIOUS VOW OF PRAISE TO GOD**- Recount attributes of the Heavenly Father that are worthy of praise, and worship him for who he is (even if you have not yet received an answer). Vow that you will give him praise and thanksgiving:

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## INSPIRATIONS FOR YOUR PRAYER OF LAMENT

ADDRESS: *Psalms 71:1- "In you O Lord, do I take refuge."*

REQUEST: *Psalms 31:17- "Let me not be put to shame." (Personal lament)*  
*:18- "Let lying lips be mute." (personal and community)*

*Psalms 29:11- "May the Lord give strength to his people and bless them  
them with peace."*

*Psalms 30:8- "Feed me with food that is needful for me."*

COMPLAINT: *Psalms 69:2- "I have come into deep waters, and the flood sweeps  
over me."*

AFFIRMATION OF TRUST &

EXPRESSION OF CONFIDENCE: *Psalms 31:14- "But I trust in you, O Lord, I say  
you are my God."*

*Psalms 138:8- "The Lord will fulfill HIS  
PURPOSE for me."*

GLORIOUS VOW OF PRAISE: *Psalms 144:9- "I will sing a new song to you,  
O God."*

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RECOUNT ATTRIBUTES OF GOD, SUCH AS:

Omnipotent; omnipresent; omniscient; **steadfast love**; merciful; longsuffering  
(patient); just; righteous; holy; slow to anger; able to create; perfect; etc., etc.!!

...AND REMEMBER HIS PROMISES