

WEEK FOUR

PSALMS: A VOICE FOR ALL SEASONS



WEEKLY READING

The first grouping of Psalms of Lament is listed below. Read each day's psalms in ESV or CSB. On two of the days, choose a second translation to read from. Highlight in your Bible the passages you would like to echo in prayer. Record the places you find song lyrics originating from these psalms.

- Day 1:** Psalms 3, 4, 5, 6, 7
- Day 2:** Psalms 9, 10, 12, 13, 14
- Day 3:** Psalms 17, 22, 25, 26, 27
- Day 4:** Psalms 28, 31, 32, 38, 39
- Day 5:** Psalms 41, 42, 43, 44, 51

"Seasons of Lament aren't ones we look forward to, but we often look back on them as seasons that drew us closer to God."

Bible study is not a class you take but a rhythm you keep as a believer.

LAMENT PART ONE

Watch Session 4 and fill in the common traits of these psalms below.

Are a form of _____
Are a _____ of intimacy with God
Are a _____ for God to _____
Allow us to _____ in the pain of _____

CROSS-REFERENCES

By sheer volume of the Psalms of Lament, there are many opportunities for cross-referencing. We'll examine four this week and four next week. Use these questions to unpack the references.

- Who is referencing the psalm?
- What circumstances surround the reference?

Psalm 4:4 // Ephesians 4:26
Psalm 10:7 // Romans 3:14
Psalm 32:1-2 // Romans 4:7-8
Psalm 41:9 // John 13:18

*As you read, and as time allows, use your Bible or online resources to find other cross-references within the Psalms of Lament.

**We have cross-referenced Psalm 34 as an example and template for you. Visit prestonwoodwomen.org under our Psalms study to access this example.

READ, REFLECT, AND WRITE

After reading the assigned Psalms of Lament, spend several minutes reflecting on the passages that speak to a current or previous season of lament from your own life. Write about that season honestly and include at least three of the elements identified in this week's teaching (or from your own personal list). Ask God to help you process any unhealed hurts or grievances as you write your own psalm of lament.

DISCUSSION QUESTIONS

- How does the biblical practice of lament, as revealed in the text, differ from how we currently process grief and pain in modern-day culture?
- How can embracing biblical lament deepen our relationship with God and with others in the Christian community?
- Have you ever experienced lament as a form of prayer or worship? How did it affect your faith or perspective?

FOCAL VERSE

Rise up; come to our help! Redeem us for the sake of your steadfast love!

Psalm 44:26

Create in me a clean heart, O God, and renew a right spirit within me.

Psalm 51:10