

WEEK FIVE

PSALMS: A VOICE FOR ALL SEASONS



WEEKLY READING

The second grouping of Psalms of Lament are 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 52, 53, 56, 57, 60

Day 2: Psalms 61, 64, 70, 74, 77

Day 3: Psalms 79, 80, 85, 90, 94

Day 4: Psalms 102, 108, 120, 123, 126

Day 5: Psalms 129, 130, 141, 142, 143

LAMENT PART TWO

Watch Session 5 and fill in the common traits of these psalms below.

Centered on God's _____
_____ about human inadequacy
Are _____
Are _____
Full of _____

CROSS-REFERENCES

This week, as we explore the Psalms of Lament again, we will cross-reference four. Use these questions to unpack the references.

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

Psalm 53:1-3 // Romans 3:10-12

Psalm 90:4 // 2 Peter 3:8

Psalm 94:11 // 1 Corinthians 3:20

Psalm 94:14 // Romans 11:1-2

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

FOCAL VERSE

Let the favor of the LORD our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

Psalm 90:17

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

READ, REFLECT, AND WRITE

As you seek to write a psalm of lament this week, do your best to "go there"; sit in your grief, fully. Name it. Cry over it. Feel it. But then, look around and find your heavenly Father. Praise Him because He is good. Sing to Him because He is a place of refuge. Cry out to Him because He hears you. Confide in Him because He is worthy to bear all that you lay before Him. He loves you.

DISCUSSION QUESTIONS

- We learned that lament is holding in tension what we know to be true about God with what feels like His abandonment. How do you personally navigate this tension in seasons of grief?
- Last week, we were asked to identify seasons of lament in our lives. Why do you think it's important to name and sit in grief before moving toward praise?
- Psalm 56:8 says God keeps track of our sorrows and captures our tears. How does this imagery shape your view of God's involvement in our pain?

Bible Project Video:

<https://bibleproject.com/explore/video/psalms/>