

**Save Me, O God - Psalms 69**  
**Notes, Family Worship, Bible Reading**

**Notes from the Sermon**

Our Psalm this week is one in the long line of Psalms that are called Lament Psalms. These songs hold a specific and important place in Hebrew prayers and worship as they express lament, anger, frustration, and gloom in response to a world that is not as it should be. Life is hard and the reality is that we will suffer and have pain in life. There will be times in our lives, sometimes extended seasons when our reality is vastly different from our expectations and dreams while God seems distant and His promises seem to go unkept. We may experience loss of a loved one or opposition of human and spiritual enemies. For some of us, we struggle with long dark nights of the soul as depression hovers over us as a cloud. When the church's messages is nothing more than veiled positivity we can actually harm the faith of those who cannot find their happy place. This is why we have Lament Psalms.

Sadly, in our culture we often avoid the cries of despair from dark and difficult places. Our music can sound like Dick Van Dyke in Bye Bye Birdie as he tells his girl to turn her frown upside down and, "Spread sunshine all over the place, just put on a happy face." A recent study by CCLI (they are the organization that licenses songs for use in the local church) found that less than 5% of the songs sung in churches in their gathered worship contain elements of lament. Meanwhile, over a third of the Psalms are Lament Psalms, and we need them. Lament Psalms provide several things for us both individually and corporately. First, they give us a language to express our pain, struggle, doubt, and darkness to God. In fact, they are an invitation to be real with God. Second, these Psalms help us avoid two major ditches during our pain, despair or denial. Third, the Lament Psalms see the world as it really exists, as deeply fallen, full of pain, and apart from God without hope. Yet, these Psalms also look to the only source of hope in our darkness. And finally, the Lament Psalms allow us to weep with those who weep, to enter the pain of others and to walk with them in their struggle. When we gather on Sunday we always have people in our crowd who are hurting, in darkness, and even suffering from long seasons of depression. When you join in singing these songs of faith from pain you can give those people hope as the song hits close to home.

As mentioned, over 1/3 of the Psalms express lament. Some are personal laments others corporate. But they are all given to us as a language of prayer and song to be used in our corporate and private worship. All of these Laments have a very common rhythm, no matter the issue of struggle. This rhythm is not random, rather it is intentional and teaches us how to navigate our seasons of pain. Here are those sections with reference for where they take place in our Psalm for this week.

1. Prayer (v. 1,13) - This aspect of the Laments is not a section of the Psalm, it is the posture of the entire expression of pain. These Psalms are not just dump my junk sessions. They are vertical conversations taking our most difficult pain and struggle and deepest longing to the One True and Living God whose character is love and mercy and whose Promises are sure.

2. Protest (v.1-13) - Every Lament Psalm contains a section in the prayer where the singer is gut honest with God in what can be characterized as complaint. No holding punches, no niceties, gloves are off and the cry to God is authentic and visceral. These laments are honest about the pain, and even contain indictments directed at God for His seemingly lack of presence and involvement in life. In prayer, and yes in song this section speaks honestly to God about deep feelings and of the harsh realities of life. This is important in our understanding of these Psalms as prayers, because they are invitations from God to His children to be honest with Him about these things. God can handle it and will not cast you out if you are real with Him, as long as we get to section 4. So keep reading.

3. Petition (v. 14-29) - In the next section of prayer in these Laments the prayer makes specific requests to God based on His character and promises. This moves the Lament from

being a gripe session into an authentic request for God to act. The prayers long for God's closeness, His mercy, His acts of miraculous power, and His glory to be known. And in some cases, included this one, they include cries for God to act against enemies in ways that to us seem awful. These are called imprecations, as the prayer cries out for justice in a broken world against evil people. I could write a couple pages on this, oh wait, I actually did in a recent blog post on the Genesis blog. So I encourage you to go read about that there.

4. Praise (v.30-36) - These Psalms always have a turn where the singer or prayer turns to God in ultimate trust through praise. Without this movement we do not have a Lament Psalm, and we don't have a prayer of faith. God invites our honesty in complaint and petition, but from a posture of faith that knows God's revelation and holds on to the truths known of God.

So try it. Pray these Psalms, find them in Scripture. And use this template to write your own. They are a vital part of the authentic life of faith as broken people in a fallen world.

### **Bible Reading for the Week**

#### **Daily Bible Readings**

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Deuteronomy 12	Deuteronomy 13	Deuteronomy 14	Deuteronomy 15	Deuteronomy 16	Deuteronomy 17	Deuteronomy 18

Reading from this past week: Psalm 69

Reading in preparation for this coming Sunday: Psalm 110

### **Family Worship**

Song - *All Creatures of our God and King*

<https://youtu.be/T4OnoVqSz00>

#### **Gospel Project**

Story: Guarding the Truth

Story Point: God gives us power to stand up for the Gospel.

Big Picture Question: Why does the church exist?

Answer: The church exists to glorify God by worshiping Him, showing His love, and telling others about Jesus.

Scripture: 2 Corinthians 11

#### **New City Catechism**

Question #9: What does God require in the first, second, and third commandments?

Answer: First, that we know God as the only true God. Second, that we avoid all idolatry. Third, that we treat God's name with fear and reverence.

Verse: Deuteronomy 6:13-14

#### **Scripture**

Psalm 69

- Have you ever had a time where you felt like David does in this Psalm? Are you currently in a season of darkness and lament?
- How do Psalms like this help us navigate a fallen world as broken people? Why do we need to be careful to make sure our message is not only "put on a happy face"?
- Do you believe it is OK to be honest with God like David is in this Psalm?

#### **Prayer**

\*Pray Pastor Eric and our worship team as they lead us in our praise through song.

\*Pray that your heart would learn to lament, to both cry out to God and trust Him when life is hard and you have pain.