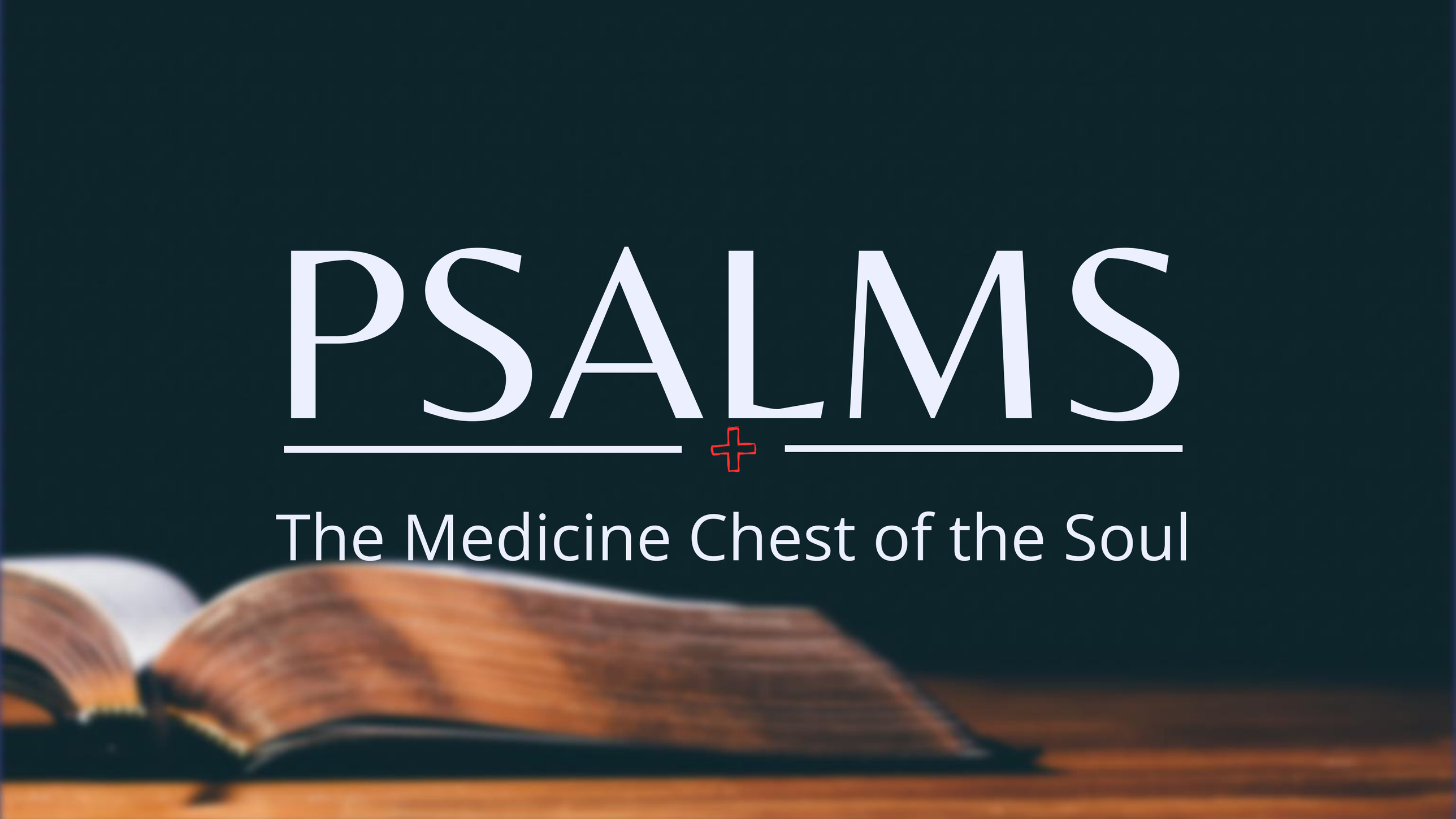
PSALMS

The Medicine Chest of the Soul



The Language of Lament

Psalm 13



Psalm 13

How long, O Lord? Will You forget me forever?
How long will You hide Your face from me?
How long shall I take counsel in my soul,
Having sorrow in my heart all the day?
How long will my enemy be exalted over me?

Psalm 13

Consider and answer me, O Lord my God;
Enlighten my eyes, or I will sleep the sleep of death,
And my enemy will say, “I have overcome him,”
And my adversaries will rejoice when I am shaken.

Psalm 13

But I have trusted in Your lovingkindness;
My heart shall rejoice in Your salvation.
I will sing to the Lord,
Because He has dealt bountifully with me.

What is Lament?

“Lament can be defined as a loud cry, a howl, or a passionate expression of grief. However, in the Bible lament is more than sorrow or talking about sadness. It is more than walking through the stages of grief. ***Lament is a prayer in pain that leads to trust***.”

—Dark Clouds, Deep Mercy: Discovering the Grace of Lament

“Lament is a prayer in pain that leads to trust which results in gratitude”

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Hesed: *Lovingkindness, mercy, covenant love*

Hesed is the idea of faithful love in action and often in the OT refers to God's lovingkindness expressed in His covenant relationship with Israel.

Hesed expresses both God’s loyalty to His covenant and His love for His people along with a faithfulness to keep His promises.

-Precept Austin

Hesed: *Lovingkindness, mercy, covenant love*

-Uniquely Hebrew word

-Translated into 14 different words in KJV

-The word “loving-kindness” was made up to translate the word in KJV to help convey it

Hesed: *Lovingkindness, mercy, covenant love*

Exodus 34:6

Then the Lord passed by in front of him and proclaimed,
“The Lord, the Lord God, compassionate and merciful,
slow to anger, and abounding in ***hesed*** and truth;

Hesed: *Lovingkindness, mercy, covenant love*

Psalm 23:6

Certainly goodness and ***hesed*** will follow me all the days of my life, and my dwelling will be in the house of the Lord forever.

Hesed: *Lovingkindness, mercy, covenant love*

Isaiah 54:10

For the mountains may be removed and the hills may shake,

But My ***hesed*** will not be removed from you,

Nor will My covenant of peace be shaken,”

Says the Lord who has compassion on you.

Hesed: *Lovingkindness, mercy, covenant love*

Lamentation 3:22-23

The Lord’s ***hesed*** indeed never cease,

For His compassions never fail.

They are new every morning;

Great is Your faithfulness.

Hesed: *Lovingkindness, mercy, covenant love*

-Hesed is mentioned 248 times in the OT

-Psalms mentions it 127 times

-David mentions it 49 times out of his 73 Psalms

Hesed: *Lovingkindness, mercy, covenant love*

Psalm 31:7

I will rejoice and be glad in your ***hesed***, because you have seen my affliction; you have known the troubles of my soul

Hesed: *Lovingkindness, mercy, covenant love*

Psalm 69:13

But as for me, my prayer is to You, O Lord, at an acceptable time; O God, in the greatness of Your ***hesed***, answer me with Your saving truth.

Hesed: *Lovingkindness, mercy, covenant love*

Psalm 109:21

But You, O God, the Lord, deal kindly with me for Your name’s sake; because Your ***hesed*** is good, deliver me

Hesed: *Lovingkindness, mercy, covenant love*

Psalm 51:1-2

Be gracious to me, O God, according to Your ***hesed***
According to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin.

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