



Introduction:

Sinclair Ferguson — “The Psalms show us how the people of God have grappled with their questions, doubts, desertions, and how God lifted them up and brought them into new light and joy.”

Paul Tripp — “Here’s what every sufferer needs to understand: *you never just suffer the thing that you’re suffering, but you always also suffer the way that you’re suffering that thing.* You and I never come to our suffering empty-handed. We always drag a full bag of experiences, expectations, assumptions, perspectives, desires, intentions, and decisions into our suffering. So our lives are shaped not just by what we suffer but by what we bring to our suffering. What you think about yourself, life, God, and others will profoundly affect the way you think about, interact with, and respond to the difficulty that comes your way.”

Psalms for the discouraged soul:

- Psalm 42 and 43.
- Paul Tripp — “In one way or another, at one time or another, discouragement is the experience of every sufferer. It is one of the burdens added to the burden of what’s already being suffered.”
- Sinclair Ferguson — “Sadly, Christians do not always understand. Sometimes, well-meaning Christians assume that if someone is melancholic or in low spirits, the solution is all too simple and obvious. They dispense easy medicine for a disease of the soul that is difficult to cure, simple formulas that they assume will deal with every need. But it is possible for a Christian to be seeking to walk with God, to live in faithfulness to him, and yet sense that God is distant and to be downcast in spirit.”
- Psalm 77:11-12 — “I will remember the deeds of the Lord; yes, I will remember your wonders of old. I will ponder all your work, and meditate on your mighty deeds”
- **Others:** Psalm 31; Psalm 63; Psalm 77; Psalm 102; Psalm 119.

Sinclair Ferguson, *Deserted by God?*, p. 12.

Paul Tripp, *Suffering: Gospel Hope When Life Doesn’t Make Sense*, p. 27.

Paul Tripp, *Suffering: Gospel Hope When Life Doesn’t Make Sense*, p. 117.

Sinclair Ferguson, *Deserted by God?*, p. 59.



Class: My Soul Thirst For You
Lesson: Praying with the Psalms in
Suffering
Term: Fall (17 February 2019)
Professor: Mike Plewniak

Psalms for the lonely and deserted:

- Psalm 13
- Sinclair Ferguson — “We have a saying that ‘misery seeks company.’ But depression has a tendency to isolate us. We feel we are alone and that our experience is unique. The psalms immediately tells the depressed, you are not alone!”
- ***Others:*** Psalm 27; Psalm 44; Psalm 139.

Psalms for those in physical suffering:

- Psalm 102
- We are both physical and spiritual — what happens to us in one effects the other.
- ***Others:*** Psalm 6; Psalm 31; Psalm 38; Psalm 90.

Psalms for those suffering because of sin:

- Psalm 51
- ***Others:*** Psalm 32; Psalm 38; Psalm 130

Psalms for those who feel trapped or betrayed:

- Psalm 55
- ***Others:*** Psalm 18; Psalm 52; Psalm 66; Psalm 116; Psalm 143

What about Imprecatory Psalms?

- Psalm 10:15 — “Break the arm of the wicked and evildoer.”
- How do we, as Christians, respond to these prayers?

Conclusion: Praying the Psalms with Jesus