

Psalms of Lament

GOD'S PLAYLIST – Part 1

August 3, 2025

- ¹ *How long, Lord? Will you forget me forever?
How long will you hide your face from me?*
- ² *How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?*
- ³ *Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death,*
- ⁴ *and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.*
- ⁵ *But I trust in your unfailing love;
my heart rejoices in your salvation.*
- ⁶ *I will sing the Lord's praise,
for he has been good to me.*

Psalm 13

The Structure of Psalms of Lament

1) An Address to God

¹ *How long, Lord?*

2) Description of the Complaint

- ¹ *How long, Lord? Will you forget me forever?
How long will you hide your face from me?*
- ² *How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?*

3) Request for God's Help

*³ Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death,*

4) Expression of Trust in God

*⁵ But I trust in your unfailing love;
my heart rejoices in your salvation.*

*⁶ I will sing the Lord's praise,
for he has been good to me.*

God doesn't want a disingenuous show from us in our relationship with him. He wants us, our honest selves.

*²³ Search me, God, and know my heart;
test me and know my anxious thoughts.*

*²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.*

Psalm 139:23-24

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

1 John 1:7