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## PSALMS | AMEN Bible Study 2018-19

“Plenteous Redemption” – A Psalm for Holy Week

*Psalm 130*

April 18, 2019

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### I. Scripture Introduction: Why is lament so difficult for us?

A. Lament Psalms

B. Jesus’ Lament During Holy Week (Luke 18:41; Mt. 26:38-39)

### II. The Psalmist Cried out to God from the Depths. (v.1-2)

### III. The Psalmist Knew the Forgiveness and Mercy of the Lord (v.3-4)

### IV. The Psalmist Patiently Trusted the Lord (v.5-6)

### V. The Psalmist Summoned God’s People to Hope in the Lord (v.7-8)

### VI. Homework: Write Out Your Own Prayer of Lament

A. God Directed

B. Explicit Description of Pain and Suffering

C. Pouring out of your Heart, not Mere Information, to God

D. Acknowledgement of Sin and Understanding – or –  
Acknowledgement of Lack of Understanding

D. Bold Plea for God to Act in Some Way

E. Affirmation of Trust/Praise

### Discussion Questions

1. What are the areas in your life that have caused you to lament over during the past few months? Why is it hard to express this to God? To others?
2. In what ways do we project to others (or ourselves) that we no longer need forgiveness or grace? How has your current experience of forgiveness affected your relationship with God or other people?
3. When are you the most impatient with God? What things do we tend to “take into our own hands” and address ourselves? What things do we find easier to “trust in God’s timing?” What do you think it means to “wait” upon the Lord?

### Going Deeper

1. If a good friend or a family member were experiencing deep difficulty, would they be able to pour out their heart to you? What are some ways you can cultivate the kind of relationships that signal openness to processing lament in a healthy way?
2. Write out a prayer of lament, as described in the last point. Share elements of it with a friend and pray together through it.