

The Elephant in the Room: Lament Psalm 13

Lament: what it is and why it's important.

Lament is the process of turning to God in our despair.

a. Prayer (the action)

Psalm 13:1-2

b. Complaint (the issue)

Psalm 13:1-2

c. Request (the cast)

Psalm 13:3-4

1 Peter 5:7

d. Trust in God (the intentionality)

Psalm 13:5-6

1. Where does your mind go when you read Psalm 13:1-2?

2. How can you step towards turning to God and trusting in Him right now?