

*Psalm 27: 7, 9-10*

*<sup>7</sup> Hear, O LORD, when I cry aloud;  
be gracious to me and answer me!*

*<sup>9</sup> Hide not your face from me.  
Turn not your servant away in anger,  
O you who have been my help.  
Cast me not off; forsake me not,  
O God of my salvation!*

*<sup>10</sup> For my father and my mother have forsaken me,  
but the LORD will take me in.*

Biblical Lament is:

- Intense
- Purposeful
- Healing

Biblical Lament is not:

- Self-perpetuating
- A distraction
- Shameful

**Main idea:**

**To lament is to follow the heart of God**

**Two truths about lament:**

**1) Lament is a beautiful paradox.**

Lament is the path we walk between suffering and grace.

**2) Lament is intensely honest.**

- Need to be heard

*<sup>7</sup> Hear, O LORD, when I cry aloud; be gracious to me and answer me!*

- Need for relationship

*<sup>9</sup> Hide not your face from me. Turn not your servant away in anger,*

- Need for reassurance and encouragement

*O you who have been my help. Cast me not off; forsake me not,*

- Need for the Gospel

*O God of my salvation! <sup>10</sup> For my father and my mother have forsaken me, but the LORD will take me in.*

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- Intense
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