

# THE BASIC SHAPE OF LAMENT PSALMS

## *Psalm 13*

### FIX YOUR EYES / HEART ON GOD

*How long, O Lord?*

### A COMPLAINT (VV. 1-2)

*Will you forget me forever? How long will you hide your face from me?  
How long must I bear pain in my soul, and have sorrow in my heart all day long?  
How long shall my enemy be exalted over me?*

### A PETITION (VV. 3-4)

*Consider and answer me, O Lord my God! Give light to my eyes, or I will sleep the sleep of death, and my enemy will say, "I have prevailed"; my foes will rejoice because I am shaken.*

### WAITING

*Still yourself before the Spirit to allow truth to regain its proper place in your heart*

### A RESOLUTION (VV. 5-6)

*But I trusted in your steadfast love; my heart shall rejoice in your salvation.  
I will sing to the Lord, because he has dealt bountifully with me.*

Understanding there are variations,

- The complaints are **DIRECTED CHIEFLY TO GOD.**

*Oh Lord, how many are my foes! PSALM 3:1*

*Arise, O Lord; O God, lift up Your hand. Do not forget the afflicted. PSALM 10:2*

What are the complaints about?

- They **MAY BE ABOUT GOD**, or about one's life, or about a presumed enemy.

*My God, my God, why have you forsaken me? PSALM 22:1*

*There is no health in my bones because of my sin. PSALM 38:3*

*Save the children of the needy, and crush the oppressor. PSALM 72:4*

They include requests for healing, deliverance, vindication, provision and protection, and, in the confession of sin, forgiveness.

- **WAITING** - This part is assumed as a part of the process. We do not change our hearts by simply restating intellectual truth. Allow God to Speak to our innermost being and remind us who He is and what HE has done. It is a connection.
- The **FINAL RESOLUTION** of a psalm of lament may involve a confession of trust; it may involve a resolve to praise or a promise to obey; or it may involve a confident affirmation of God's own faithfulness, even if there is no empirical data to prove it.

