

LAMENT

WORSHIP IN SEASONS OF SORROW

Part 2

“Lament: Turning to the Lord”

— PSALM 77 —

February 8, 2026

Introduction: The Importance of Sleep

In a fallen world, we often experience times when we cannot rest. Whether because of physical pain, anxiety, or other factors, sleep eludes us. When the difficulty of our circumstances overwhelms us or the anxieties of life seem all-consuming, where do we turn?

Main Point: True lament involves _____ to the Lord in _____.

The Problem of Pain

- **Pain and sorrow are _____ to life in a fallen world.**

Job 5:7—...man is born to trouble as the sparks fly upward.

Psa. 90:10—The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away.

“*trouble*”—עָמַל (āmāl) —wearing effort; hence, worry, whether of body or mind:—grievance, pain, misery

Eccl. 2:22-23—²² What has a man from all the toil and striving of heart with which he toils beneath the sun? ²³ For all his days are full of sorrow, and his work is a vexation. Even in the night his heart does not rest. This also is vanity.

“*vexation*”—כָּעָס (ka’as)—grief, frustration, sorrow.

- **Pain and sorrow tempt us to turn away from the Lord and to fall into _____.**

Job 3:20-21—²⁰ “Why is light given to him who is in misery, and life to the bitter in soul, ²¹ who long for death, but it comes not, and dig for it more than for hidden treasures...”

Jonah 4:3—O LORD, please take my life from me, for it is better for me to die than to live.”

1 Cor. 1:8—For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself.

“Despair lives under the hopeless resignation that God doesn’t care, he doesn’t hear, and nothing is ever going to change. People who believe this stop praying, they give up.” —Mark Vroegop

- **Pain and sorrow _____ and _____ turn us towards the Lord.**

Jonah 2:1-2—¹ Then Jonah prayed to the Lord his God from the belly of the fish, ² saying “I called out to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice.

2 Cor. 1:9—Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.

Key Point: The real problem of pain is not that it _____, it is _____ we will respond to it.

Psalm 77— A Prayer in Pain

- **The psalmist turns to the Lord and _____ to Him in prayer (vv.1-4)**

“I cry aloud to God...In the day of my trouble I seek the Lord...”

⇒ Although the nature of his “trouble” is not specified, it is affecting him both physically and spiritually.

“my soul refuses to be comforted”

“You hold my eyelids open...I cannot speak”

- **The psalmist takes time to reflect and then expresses his pain and sorrow in a series of _____ (vv. 5-9)**

“Let me remember my song in the night; let me meditate in my heart.”

*Will the Lord spurn forever, and never again be favorable?
 Has his steadfast love forever ceased?
 Are his promises at an end for all time?
 Has God forgotten to be gracious?
 Has he in anger shut up his compassion?"*

• **The psalmist responds to his own questions with what he knows to be _____ of the Lord. (vv. 10-15)**

⇒ There is a translation dispute in v. 10. He is either beginning with a statement of faith or a description of his present grief as he prepares to encourage himself.

"Then I said, "I will appeal to this, to the years of the right hand of the Most High." (ESV)

"Then I said, "It is my grief, that the right hand of the Most High has changed." (LSB, NASB)

⇒ He then employs several key terms to describe how he will reflect upon the _____ of the Lord.

"remember"

"the deeds of the Lord...your wonders of old"

"ponder"



"your work"

"meditate"

"your mighty deeds"

⇒ He makes several direct statements of faith:

(1) The Lord is utterly _____! (v. 13)

(2) The Lord has _____ Himself by His _____ works! (v. 14)

(3) He has done these things in the history of His people, _____! (v. 15)

• **The psalmist draws comfort as he considers the great redemptive work of God in Israel's history, the _____ . (vv. 16-20)**

⇒ He knows that the Lord is the _____ - _____ . (vv.16-18)

⇒ He knows that the Lord often delivers His people _____ rather than _____ circumstances that seem impossible and overwhelming. (v.19)

"yet your footprints were unseen"

⇒ He knows that the Lord often _____ His people through His people. (v. 20)

Are we willing to be _____ and _____ with others about our pains and sorrows?

Are we willing to _____ of ourselves to shepherd others through pain and sorrow?

Key Point: When we turn to God in prayer, the truth about _____ He is and _____ He has done can comfort us in our seasons of pain and sorrow.

"...lament directs our emotions by prayerfully vocalizing our hurt, our questions, and even our doubt. Turning to prayer through lament is one of the deepest and most costly demonstrations of belief in God." —Mark Vroegop

Concluding Thoughts

1. When tempted to despair, we do well to remember the _____ and all its _____.

2. When pain and sorrow overwhelm, we do well to reflect on our personal _____.

3. God _____ been at work in our lives and He can _____ to do so even in seasons of pain and sorrow.

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Main Point: True lament involves turning to the Lord in prayer.

The Problem of Pain

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- **Pain and sorrow tempt us to turn away from the Lord and to fall into despair**

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“Despair lives under the hopeless resignation that God doesn’t care, he doesn’t hear, and nothing is ever going to change. People who believe this stop praying, they give up.” —Mark Vroegop

- **Pain and sorrow can and should turn us towards the Lord.**

Jonah 2:1-2—¹ Then Jonah prayed to the Lord his God from the belly of the fish, ² saying “I called out to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice.

2 Cor. 1:9—Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.

Key Point: The real problem of pain is not that it exists, it is how we will respond to it.

Psalm 77—A Prayer in Pain

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"Then I said, "It is my grief, that the right hand of the Most High has changed." (LSB, NASB)
 - ⇒ He then employs several key terms to describe how he will reflect upon the works of the Lord.

<i>"remember"</i>	→	<i>"the deeds of the Lord...your wonders of old"</i>
<i>"ponder"</i>		<i>"your work"</i>
<i>"meditate"</i>		<i>"your mighty deeds"</i>
 - ⇒ He makes several direct statements of faith:
 - (1) The Lord is utterly unique! (v. 13)
 - (2) The Lord has revealed Himself by His miraculous works! (v. 14)
 - (3) He has done these things in the history of His people, Israel! (v. 15)

- **The psalmist draws comfort as he considers the great redemptive work of God in Israel's history, the Exodus. (vv. 16-20)**
 - ⇒ He knows that the Lord is the All-Powerful Creator. (vv.16-18)
 - ⇒ He knows that the Lord often delivers His people through rather than from circumstances that seem impossible and overwhelming. (v.19)

"yet your footprints were unseen"
 - ⇒ He knows that the Lord often shepherds His people through His people. (v. 20)

Are we willing to be open and honest with others about our pains and sorrows?

Are we willing to give of ourselves to shepherd others through pain and sorrow?

Key Point: When we turn to God in prayer, the truth about who He is and what He has done can comfort us in our seasons of pain and sorrow.

"...lament directs our emotions by prayerfully vocalizing our hurt, our questions, and even our doubt. Turning to prayer through lament is one of the deepest and most costly demonstrations of belief in God." —Mark Vroegop

Concluding Thoughts

1. When tempted to despair, we do well to remember the Gospel and all its implications.
2. When pain and sorrow overwhelm, we do well to reflect on our personal testimony.
3. God has been at work in our lives and He can continue to do so even in seasons of pain and sorrow.