

LAMENT

WORSHIP IN SEASONS OF SORROW

Part 5

“Lament: Choosing to Trust”

— PSALM 13 —

March 1, 2026

Introduction: John Bunyan & Seasons of Suffering

“...if ever I would suffer rightly, I must...*live upon God that is invisible*, as Paul said...the way not to faint, is to “look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.”

—John Bunyan (17th c.)

Main Point: Lament culminates in the _____ to trust the Lord in the midst seasons of pain and sorrow.

Active Patience

- The people of God are frequently exhorted to be “_____” before Him in His presence.

Psa. 37:7—“Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!”

דָּמָד (dāmam)—to quiet oneself, rest, be silent, keep (put to) silence; to be (stand) still, tarry, wait.

Psa. 46:10—“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

רָפָה (râphâh)—to refrain, relax, be still.

- At the same time, we are encouraged to patiently “_____” for Him.

Psa. 25:3-5—³ Indeed, none who wait for you shall be put to shame; they shall be ashamed who are wantonly treacherous. ⁴ Make me to know your ways, O Lord; teach me your paths. ⁵ Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.

Psa. 130:5-6—⁵ I wait for the Lord, my soul waits, and in his word I hope; ⁶ my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.

קָוָה (qâvâh)—to expect, look; to patiently tarry, wait (for, upon)

Key Point: Lament allows us to _____ seasons of suffering and sorrow in a way that is not passive, even as we wait patiently before the Lord.

Prayers of Trust

- Scripture includes numerous examples of God’s people _____ their trust in Him.

Psa. 27:1—The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

Psa. 28:7—The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.

Psa. 31:5—Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God.

Rom. 8:38a-39b—³⁸ For I am sure that neither death nor life...³⁹ will be able to separate us from the love of God in Christ Jesus our Lord.

2 Cor. 4:17—For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison

- Declarations of trust are made in a variety of circumstances:

Psa. 31:14-15—¹⁴ But I trust in you, O Lord; I say, “You are my God.”¹⁵ My times are in your hand; rescue me from the hand of my enemies and from my persecutors! (_____)

Psa. 73:26—My flesh and my heart may fail, but God is the strength of my heart and my portion forever. (_____)

Psa. 94:19—When the cares of my heart are many, your consolations cheer my soul. (_____)

Psa. 23:1a,4—¹ The Lord is my shepherd; I shall not want...⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (_____)

Key Point: The decision to trust the Lord is expressed in the _____ of trust.

“As we wait for future deliverance, our spiritual posture need not be passive. While there may be painful circumstances beyond our control, our waiting can be spiritually productive as we intentionally follow the pathway to trust. This is why trust is active patience. We keep trusting by lamenting.” — Mark Vroegop

Psalm 13 — The Faith of the Afflicted One

- **The psalmist turns to the Lord with his questions and complaints. (vv.1-2)**

⇒ The repetition of the question, “_____” emphasizes the extreme emotions he feels.
“Will you forget me forever? _____”
“...will you hide your face from me?”

⇒ He is further frustrated by the fact that he is _____ with the difficulty he faces.
“take counsel in my soul” _____
“have sorrow in my heart all the day”

⇒ He is particularly frustrated that his _____ is in a position of power over him.

- **The psalmist calls upon the Lord and asks boldly for Him to answer. (vv. 3-4)**

⇒ He petitions the Lord to revive both his _____ and his _____.
“lighten my eyes”

⇒ This is vital in order that his _____ might be preserved.
“lest I sleep the sleep of death”

“lest my enemy say, ‘I have prevailed over him.’”

“lest my foe rejoice because I am shaken”

- **The psalmist concludes with declarations of his confidence in the Lord. (vv. 5-6)**

⇒ The declarations draw a _____ with the enemies of the Lord.

“your *steadfast love*”— **חֶסֶד (hesed)** — “lovingkindness” or covenant faithfulness. It is love that is committed, faithful, and active.

“I have trusted”

⇒ He anticipates the deliverance that the Lord will provide.

“my heart shall rejoice” _____
“I will sing to the Lord”

Key Point: Lament us ultimately a _____ through which we learn to grow in our trust of the Lord.

“Lament creates a pathway through the messy wilderness of pain.”—Mark Vroegop

Concluding Thought

- **God’s promises to us are secured by the strength of _____, not by the strength of our _____.**

Rom. 8:31-32—³¹ What then shall we say to these things? If God is for us, who can be against us? ³² He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

2 Tim. 2:13—if we are faithless, he remains faithful—for he cannot deny himself.

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Main Point: Lament culminates in the decision to trust the Lord in the midst seasons of pain and sorrow.

Active Patience

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Prayers of Trust

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Psa. 73:26—My flesh and my heart may fail, but God is the strength of my heart and my portion forever. (**illness**)

Psa. 94:19—When the cares of my heart are many, your consolations cheer my soul. (**anxiety**)

Psa. 23:1a,4—¹ The Lord is my shepherd; I shall not want...⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (**death**)

Key Point: The decision to trust the Lord is expressed in the language of trust.

“As we wait for future deliverance, our spiritual posture need not be passive. While there may be painful circumstances beyond our control, our waiting can be spiritually productive as we intentionally follow the pathway to trust. This is why trust is active patience. We keep trusting by lamenting.” — Mark Vroegop

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“Will you forget me forever? ...will you hide your face from me?”

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“take counsel in my soul” “have sorrow in my heart all the day”

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