

LAMENT

Part 6
“Lamenting Aging & Infirmary”

March 8, 2026

WORSHIP IN SEASONS OF SORROW

Introduction: The Theological Framework of Lament

The theology of something is the organized explanation of what the Bible teaches about that subject in relation to God. This establishes the framework in which we properly understand a particular subject.

1. God is both *sovereign* and *good*.
2. The world is *fallen*, but it is not *meaningless*.
3. God *rescues*, *redeems*, and will ultimately *restore* all things through Christ.

Main Point: We can lament the realities of _____ and _____ even as we live with the hope that God will restore our bodies and our world for His glory and our eternal good.

God’s Good Design & the Effects of Sin

- God purposed from the beginning for his creation to mature. (Gen. 1:11,22)

- God purposed from the beginning for humanity to mature.
 - (1) Humanity was to mature _____
Gen. 1:28—And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing...
⇒ Through _____ processes (Gen. 1:29) and _____ (Gen. 2:15)
 - (2) Humanity was to mature _____/_____
⇒ Through _____ (Gen. 2:15) and _____ (Gen. 2:19-25)
 - (3) Humanity was to mature _____
⇒ Through _____ and _____ (Gen. 2:16-17)

- Sin introduced _____ into the maturing process for both humanity and the natural world.
 - * Spiritual Consequences (Gen. 3:6-10)
 - * Mental/Emotional Consequences (Gen. 3:6-13)
 - * Physical Consequences (Gen. 3:16-19)
 - * Consequences for the Natural World

Key Point: God’s good purpose for creation and humanity to mature has not changed, but the consequences of sin mean that this process is accompanied by _____ and _____.

Aging in a Fallen World

- As we age, we face the inevitable breakdown of our physical bodies.

Eccl. 12:1-5—¹ Remember also your Creator in the days of your youth, before the evil days come and the years draw near of which you will say, “I have no pleasure in them”; ² before the sun and the light and the moon and the stars are darkened and the clouds return after the rain ³ in the day when the keepers of the house tremble, and the strong men are bent, and the grinders cease because they are few, and those who look through the windows are dimmed, ⁴ and the doors on the street are shut—when the sound of the grinding is low, and one rises up at the sound of a bird, and all the daughters of song are brought low— ⁵ they are afraid also of what is high, and terrors are in the way; the almond tree blossoms, the grasshopper drags itself along, and desire fails, because man is going to his eternal home, and the mourners go about the streets

Infirmity in a Fallen World

- We face afflictions of the _____.

Job 30:16-17—¹⁶“And now my soul is poured out within me; days of affliction have taken hold of me. ¹⁷The night racks my bones, and the pain that gnaws me takes no rest.

2 Chron. 16:12—In the thirty-ninth year of his reign Asa was diseased in his feet, and his disease became severe. Yet even in his disease he did not seek the Lord, but sought help from physicians.

Matthew 15:30—And great crowds came to him, bringing with them the lame, the blind, the crippled, the mute, and many others, and they put them at his feet

Luke 1:7—But they had no child, because Elizabeth was barren, and both were advanced in years.

- We face afflictions of the _____.

Psa. 38:6-8—⁶I am utterly bowed down and prostrate; all the day I go about mourning. ⁷For my sides are filled with burning, and there is no soundness in my flesh. ⁸I am feeble and crushed; I groan because of the tumult of my heart

Lam. 3:17-18—¹⁷My soul is bereft of peace; I have forgotten what happiness is; ¹⁸so I say, “My endurance has perished; so has my hope...”

Key Point: While our mental and bodily afflictions can come as a _____ result of sinful choices, they are often simply the _____ of living in a fallen world.

Lamenting Aging & Infirmity

- The Lord invites us to _____ to Him as we face the realities of aging and infirmity.

Psa. 6:2-3—²Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled. ³My soul also is greatly troubled. But you, O Lord—how long?

Psa. 71:9—Do not cast me off in the time of old age; forsake me not when my strength is spent.

- There are things that God would _____ us that we cannot learn apart from aging and infirmity.

⇒ *We come to understand that our days are limited, but also that the Lord is with us continually!*

Psa. 90:12,14—¹²So teach us to number our days that we may get a heart of wisdom...¹⁴Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.

Psa. 71:17-18—¹⁷O God, from my youth you have taught me, and I still proclaim your wondrous deeds. ¹⁸So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation.

Psa. 37:25-26—²⁵I have been young, and now am old, yet I have not seen the righteous forsaken...

⇒ *We come to understand our weakness, but also that the Lord sustains us and continues to work within us!*

Psa. 34:17-19—¹⁷When the righteous cry for help, the LORD hears and delivers them out of all their troubles.

¹⁸The LORD is near to the brokenhearted and saves the crushed in spirit. ¹⁹Many are the afflictions of the righteous, but the LORD delivers him out of them all.

2 Cor. 4:16-18—¹⁶So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. ¹⁷For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, ¹⁸as we look not to the things that are seen but to the things that are unseen.

2 Cor. 9:9-10—⁹But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ¹⁰For the sake of Christ, then, I am content with weaknesses...For when I am weak, then I am strong.

Key Point: Although we lament the struggles and afflictions of the growth process, we can give thanks to the Lord for the work He does through them to bring about spiritual _____.

Our Future Hope—2 Corinthians 5:1-7

- Although we suffer now in the body, the Lord is _____ for us a body fit for eternity with Him.

- Our ultimate hope then is found in the _____ and what is unseen, and not the _____ and what is seen.