

LAMENT

Part 8
“Lamening Personal Sin”

March 22, 2026

WORSHIP IN SEASONS OF SORROW

Introduction: Sin by Nature, Sin by Choice

“[Personal Sin] is the theme which contemplates all immediate human experience, and stains the pages of history with tears and blood...the importance of this aspect of sin is seen when it is recognized that the first sin from which all other forms are derived was itself a personal sin. From their personal sins, men must be saved, and according to their evil works men will be judged and condemned forever.” —Lewis Sperry Chafer, Systematic Theology

Main Point: We can lament the reality of personal _____ and its consequences even as we long for the day when we are delivered from its presence forever.

The Effects Personal Sin

- **The Lord is moved to lovingly _____ us.**
Heb. 12:5-6—⁵ And have you forgotten the exhortation that addresses you as sons? “My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him. ⁶ For the Lord disciplines the one he loves, and chastises every son whom he receives”
Rev. 3:19a—Those whom I love, I reprove and discipline...
- **We often experience a sense of _____ or _____.**
2 Cor. 7:10—For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.
Psa. 32:3-4—³ For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.
- **We often experience the loss of a sense of _____ and _____.**
1 John 1:5-6—⁵ This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. ⁶ If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth.
Psa. 51:12—Restore to me the joy of your salvation, and uphold me with a willing spirit.
Rom. 8:6—For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.
- **We often experience a sense of _____ and _____, particularly when we are sinned against.**
Lev. 16:16—“Thus he shall make atonement for the Holy Place, because of the uncleannesses of the people of Israel and because of their transgressions, all their sins.”
Psa. 44:15-16—¹⁵ All day long my disgrace is before me, and shame has covered my face ¹⁶ at the sound of the taunter and reviler, at the sight of the enemy and the avenger.
2 Sam. 13:12-13a,19—¹² She answered him, “No, my brother, do not violate me, for such a thing is not done in Israel; do not do this outrageous thing. ¹³ As for me, where could I carry my shame?... ¹⁹ And Tamar put ashes on her head and tore the long robe that she wore. And she laid her hand on her head and went away, crying aloud as she went.

Key Point: The seriousness of personal sin was such that God dealt _____ with it in all its aspects.

Personal Sin & the Cross

- **Through the cross of Christ, the Lord has dealt with the _____ that our sin deserved.**
Rom. 3:23-26—²³ for all have sinned and fall short of the glory of God, ²⁴ and are justified by his grace as a gift, through the redemption that is in Christ Jesus, ²⁵ whom God put forward as a propitiation by his blood, to be received by faith. This was to show God's righteousness, because in his divine forbearance he had passed over former sins. ²⁶ It was to show his righteousness at the present time, so that he might be just and the justifier of the one who has faith in Jesus.
* The Holy Spirit does not condemn us, but _____ us of our sin in order that we might repent and confess it.
- **Through the cross of Christ, the Lord has dealt with the _____ of sin in our lives.**
(1) **We are no longer _____ to sin.**
Rom. 6:6-7—⁶ We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. ⁷ For one who has died has been set free from sin
“[This truth] is given that [we] may be assured that there is deliverance from the reigning power of sin, as once unbelievers were assured...of the fact that Christ died for their sins that there is salvation from the penalty of sin.”—L.S. Chafer

(2) We no longer have to _____ in darkness.

Col. 1:13-14—“He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.”

(3) Christ has _____ upon Himself the defilement that sin has brought into our lives and has _____ us.

Isa. 50:6-7—⁶I gave my back to those who strike, and my cheeks to those who pull out the beard; I hid not my face from disgrace and spitting. ⁷But the Lord God helps me therefore I have not been disgraced; therefore I have set my face like a flint, and I know that I shall not be put to shame.

Gal. 3:13—Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, “Cursed is everyone who is hanged on a tree”

1 Cor. 6:11—And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

Key Point: As we lament personal sin and its effects, we do so in light of the _____ and _____ of Christ.

Lamenting Personal Sin

• _____ to the Lord rather than away from Him.

Psa. 51:1-2—¹Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. ²Wash me thoroughly from my iniquity, and cleanse me from my sin!

Heb. 4:14-16—¹⁴Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. ¹⁵For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

• _____ the reality of personal sin and its effects in our life.

Psa. 51:3-6—³For I know my transgressions, and my sin is ever before me. ⁴Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. ⁵Behold, I was brought forth in iniquity, and in sin did my mother conceive me. ⁶Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.

Rom. 7:24-25—²⁴Wretched man that I am! Who will deliver me from this body of death? ²⁵Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

• _____ upon the Lord in faith.

Psa. 51:7-10,12—⁷Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. ⁸Let me hear joy and gladness; let the bones that you have broken rejoice. ⁹Hide your face from my sins, and blot out all my iniquities. ¹⁰Create in me a clean heart, O God, and renew a right spirit within me...¹²Restore to me the joy of your salvation, and uphold me with a willing spirit.

1 John 1:8-10—⁸If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. ¹⁰If we say we have not sinned, we make him a liar, and his word is not in us.

• Choose to _____ the promises of God to us in Christ.

Psa. 51:14-17—¹⁴O God of my salvation...my tongue will sing aloud of your righteousness. ¹⁵O Lord, open my lips, and my mouth will declare your praise. ¹⁶For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. ¹⁷The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise

Rom. 8:1-2,10-11—¹There is therefore now no condemnation for those who are in Christ Jesus. ²For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death...¹⁰But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. ¹¹If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

Key Point: Lamenting personal sin allows us to walk in faith through seasons where we are _____ by the effects of our own sin or the sins of others.

Concluding Thoughts—Jude 24-25

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Main Point: We can lament the reality of personal sin and its consequences even as we long for the day when we are delivered from its presence forever.

The Effects Personal Sin

- **The Lord is moved to lovingly discipline us.**

Heb. 12:5-6—⁵ And have you forgotten the exhortation that addresses you as sons? “My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him. ⁶ For the Lord disciplines the one he loves, and chastises every son whom he receives”

Rev. 3:19a—Those whom I love, I reprove and discipline...

- **We often experience a sense of sorrow or guilt.**

2 Cor. 7:10—For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

Psa. 32:3-4—³ For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

- **We often experience the loss of a sense of light and joy.**

1 John 1:5-6—⁵ This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. ⁶ If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth.

Psa. 51:12—Restore to me the joy of your salvation, and uphold me with a willing spirit.

Rom. 8:6—For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

- **We often experience a sense of shame and defilement particularly when we are sinned against.**

Lev. 16:16—“Thus he shall make atonement for the Holy Place, because of the uncleannesses of the people of Israel and because of their transgressions, all their sins.”

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* The Holy Spirit does not condemn us, but convicts us of our sin in order that we might repent and confess it.

- **Through the cross of Christ, the Lord has dealt with the power of sin in our lives.**

(1) **We are no longer slaves to sin.**

Rom. 6:6-7—⁶ We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. ⁷ For one who has died has been set free from sin

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- **Acknowledge the reality of personal sin and its effects in our life.**

Psa. 51:3-6—³For I know my transgressions, and my sin is ever before me. ⁴Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. ⁵Behold, I was brought forth in iniquity, and in sin did my mother conceive me. ⁶Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.

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- **Call upon the Lord in faith.**

Psa. 51:7-10,12—⁷Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. ⁸Let me hear joy and gladness; let the bones that you have broken rejoice. ⁹Hide your face from my sins, and blot out all my iniquities. ¹⁰Create in me a clean heart, O God, and renew a right spirit within me...¹²Restore to me the joy of your salvation, and uphold me with a willing spirit.

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- **Choose to trust the promises of God to us in Christ.**

Psa. 51:14-17—¹⁴O God of my salvation...my tongue will sing aloud of your righteousness. ¹⁵O Lord, open my lips, and my mouth will declare your praise. ¹⁶For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. ¹⁷The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise

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Concluding Thoughts—Jude 24-25