

# LAMENT

## WORSHIP IN SEASONS OF SORROW

Part 9

“Lamening Death”

March 29, 2026

### Introduction: The Minor Key of the Psalter

“Where are finer words of joy than in the Psalms of praise and thanksgiving?...And again, where will you find deeper, more plaintive, more sorrowful words of grief than in the Psalms of lamentation?”  
—Martin Luther (Preface to 1528 German translation of the Psalms)

**Main Point:** Though there is much to grieve in a fallen world, \_\_\_\_\_ stands above all else as our greatest enemy, casting its shadow over every aspect of our lives.

### The Prayer of Pain

1. The Lord is \_\_\_\_\_ → We \_\_\_\_\_ to Him rather than away from Him!

Psa. 77:1-2a—<sup>1</sup> I cry aloud to God, aloud to God, and he will hear me. <sup>2</sup> In the day of my trouble I seek the Lord;

Psa. 51:1a—Have mercy on me, O God, according to your steadfast love

2. A \_\_\_\_\_ is Expressed → We bring our complaints \_\_\_\_\_ the Lord!

Psa. 10:1—Why, O Lord, do you stand far away? Why do you hide yourself in times of trouble?

Hab. 1:2-3a—<sup>2</sup> O Lord, how long shall I cry for help, and you will not hear? Or cry to you “Violence!” and you will not save? <sup>3</sup> Why do you make me see iniquity, and why do you idly look at wrong?

3. A \_\_\_\_\_ is Made → We ask boldly in light of \_\_\_\_\_ God is and \_\_\_\_\_ He has done!

Psa. 22:11—Be not far from me, for trouble is near, and there is none to help.

Psa. 60:11-12—<sup>11</sup> Oh, grant us help against the foe, for vain is the salvation of man!<sup>12</sup> With God we shall do valiantly; it is he who will tread down our foes.

4. \_\_\_\_\_ and \_\_\_\_\_ are Declared → We \_\_\_\_\_ to trust the Lord!

Psa. 13:5-6—<sup>5</sup> But I have trusted in your steadfast love; my heart shall rejoice in your salvation. <sup>6</sup> I will sing to the Lord, because he has dealt bountifully with me.

Psa. 86:14-15—<sup>14</sup> O God, insolent men have risen up against me; a band of ruthless men seeks my life, and they do not set you before them. <sup>15</sup> But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.

**Key Point:** Through lament, we \_\_\_\_\_ together with the Lord through seasons of sorrow.

“Belief in God’s mercy, redemption, and sovereignty create lament. Without hope in God’s deliverance and the conviction that He is all-powerful, there would be no reason to lament when pain invades our lives.”  
—Mark Vroegop

### Lamenting Death

1. Death is our great enemy because it is the ultimate \_\_\_\_\_ that we all face.

Ecc. 7:2—It is better to go to the house of mourning than to go to the house of feasting, for this is the end of all mankind, and the living will lay it to heart.

Heb. 9:27—And just as it is appointed for man to die once, and after that comes judgment,

2. Death is God’s just \_\_\_\_\_ upon us because of our sin.

Rom. 5:12—Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned

Psa. 90:3.9-10—You return man to dust and say, “Return, O children of man!”...<sup>9</sup> For all our days pass away under your wrath; we bring our years to an end like a sigh. <sup>10</sup> 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.

**3. It is right that we \_\_\_\_\_ the reality of death and its effects in the world.**

Psa. 6:4-7a—<sup>4</sup> Turn, O Lord, deliver my life; save me for the sake of your steadfast love. <sup>5</sup> For in death there is no remembrance of you; in Sheol who will give you praise? <sup>6</sup> I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. <sup>7</sup> My eye wastes away because of grief...

Matt. 5:4—“Blessed are those who mourn, for they shall be comforted.”

**4. We do not, however, grieve as those who have no \_\_\_\_\_.**

Psa. 23:4—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.

Rom. 8:18,23-25—<sup>18</sup> For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us...<sup>23</sup> And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. <sup>24</sup> For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? <sup>25</sup> But if we hope for what we do not see, we wait for it with patience.

**Key Point:** Although we face the reality of death, we do so knowing that our \_\_\_\_\_ has gone before us in order to deliver us from its eternal consequences.

### Lamentation & Life the Lord Jesus

• **The Old Testament anticipated that Messiah would be a man who knew sorrow and pain \_\_\_\_\_.**

Isa. 53:3-4—<sup>3</sup> He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. <sup>4</sup> Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken smitten by God, and afflicted.

⇒ While he ultimately bore our griefs and sorrows on the cross, He \_\_\_\_\_ them throughout His earthly life.

• **In the weeks before His own death, the Lord experienced the death of his friend Lazarus and its \_\_\_\_\_ on others that He loved.**

John 11:32-35—<sup>32</sup> Now when Mary came to where Jesus was and saw him, she fell at his feet, saying to him, “Lord, if you had been here, my brother would not have died.” <sup>33</sup> When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. <sup>34</sup> And he said, “Where have you laid him?” They said to him, “Lord, come and see.” <sup>35</sup> Jesus wept.

• **Following His triumphal entry into Jerusalem, the Lord Jesus lamented the death and destruction that would come because of the \_\_\_\_\_ of the people.**

Luke 19:41-44—<sup>41</sup> And when he drew near and saw the city, he wept over it, <sup>42</sup> saying, “Would that you, even you, had known on this day the things that make for peace! But now they are hidden from your eyes. <sup>43</sup> For the days will come upon you, when your enemies will set up a barricade around you and surround you and hem you in on every side <sup>44</sup> and tear you down to the ground, you and your children within you.

• **The night before His crucifixion, the Lord Jesus lamented His own \_\_\_\_\_ death.**

Luke 22:41-44—<sup>41</sup> And he withdrew from them about a stone's throw, and knelt down and prayed, <sup>42</sup> saying, “Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.” <sup>43</sup> And there appeared to him an angel from heaven, strengthening him. <sup>44</sup> And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

• **On the cross, the Lord Jesus worshipfully lamented His \_\_\_\_\_.**

Mark 15:33-34—<sup>33</sup> And when the sixth hour had come, there was darkness over the whole land until the ninth hour. <sup>34</sup> And at the ninth hour Jesus cried with a loud voice, “Eloi, Eloi, lema sabachthani?” which means, “My God, my God, why have you forsaken me?”

**Key Point:** That the Lord Jesus found it necessary to lament death demonstrates the \_\_\_\_\_ of it and its effects in the world.

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Main Point: Though there is much to grieve in a fallen world, death stands above all else as our greatest enemy, casting its shadow over every aspect of our lives.

### The Prayer of Pain

#### 1. The Lord is Addressed

→ *We turn to Him rather than away from Him!*

Psa. 77:1-2a—<sup>1</sup> I cry aloud to God, aloud to God, and he will hear me. <sup>2</sup> In the day of my trouble I seek the Lord;

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#### 2. A Grievance is Expressed

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→ *We ask boldly in light of Who God is and What He has done!*

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#### 4. Praise and Trust are Declared

→ *We choose to trust the Lord!*

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### **Concluding Thoughts—Romans 6:23**