

worship, repent,
fast, and pray

a study of
PSALMS

connecting
the heart
of the reader
to the heart
of God

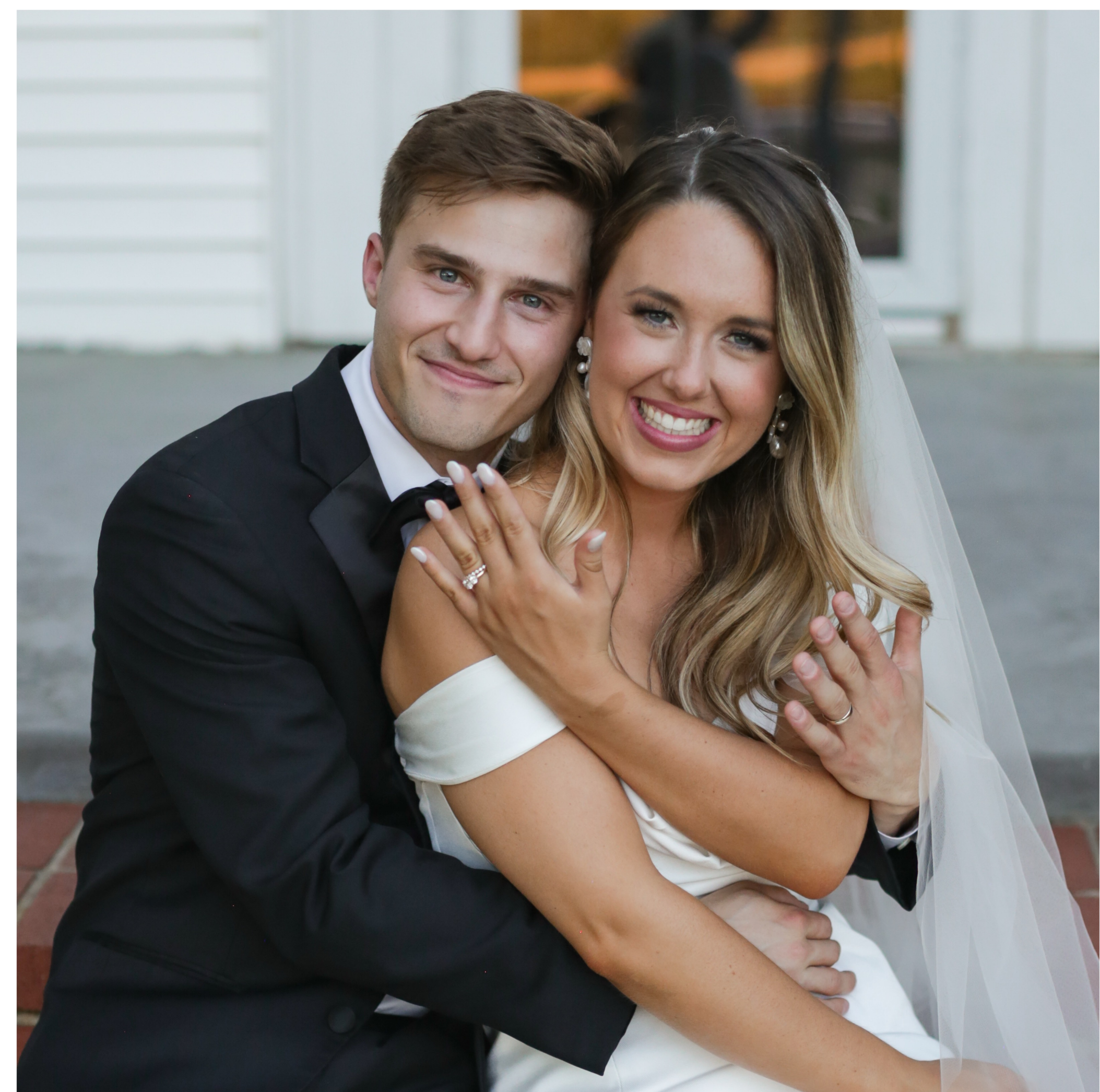
Psalms 1

¹ Blessed is the one

who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers

² but whose delight is in the law of the Lord
and who meditates on his law day and night

³ That person is like a tree planted by the water
which yields its fruit in season
and whose leaf does not wither



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Psalms of
LAMENT

*psalms 42
and 43*

Lament: to express
grief, sorrow, or regret

“Lament is the honest cry of a hurting heart wrestling with the paradox of pain and promise of God’s goodness.”

Mark Vroegop

Psalms of
LAMENT

*psalms 42
and 43*



pralms of lament

Turn Towards God

Complain to God

Ask from God

Trust in God

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Psalm 42 ^{NIV}

¹As the deer pants for streams of water,
so my soul pants for you, my God.

²My soul thirsts for God, for the living God.
When can I go and meet with God?

Turn Towards God

Complain to God

Ask from God

Trust in God

Psalm 42 ^{NIV}

³ My tears have been my food
day and night,
while people say to me all day long,
"Where is your God?"

¹⁰ My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
"Where is your God?"

Turn Towards God

Complain to God

Ask from God

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Psalm 42 ^{NIV}

¹ As the deer pants for streams of water,
so my soul pants for you, my God.

² My soul thirsts for God, for the living God.
When can I go and meet with God?

⁶ My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.

Turn Towards God

Complain to God

Ask from God

Trust in God

Psalm 34:18 ^{NIV}

The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

Matthew 5:4 ^{NIV}

'Blessed are those who mourn,
for they will be comforted.'

Turn Towards God

Complain to God

Ask from God

Trust in God

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Psalm 42 ^{NIV}

³ My tears have been my food
day and night,
while people say to me all day long,
“Where is your God?”

⁷ Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.

⁹ I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”

¹⁰ My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?”

Psalm 43 ^{NIV}

² You are God my stronghold.
Why have you rejected me?
Why must I go about mourning,
oppressed by the enemy?

Turn Towards God

Complain to God

Ask from God

Trust in God

Psalm 42 ^{NIV}

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Turn Towards God

Complain to God

Ask from God

Trust in God

Psalm 94:14 ^{NIV}

For the LORD will not reject his people;
he will never forsake his inheritance.

Turn Towards God

Complain to God

Ask from God

Trust in God

Psalm 51:16-17 NIV

You do not delight in sacrifice, or I would bring it;
you do not take pleasure in burnt offerings.

My sacrifice, O God, is a broken spirit;

a broken and contrite heart

you, God, will not despise.

Turn Towards God

Complain to God

Ask from God

Trust in God

Isaiah 55:9 NIV

“As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.”

James 4:6 NIV

But he gives us more grace. That is why Scripture says:
“God opposes the proud but shows favor to the humble.”

James 4:10 NIV

Humble yourselves before the Lord, and he will lift you up.

Turn Towards God

Complain to God

Ask from God

Trust in God

Honesty

Psalm 42 ^{NIV}

⁹ I say to God my Rock,
"Why have you forgotten me?
Why must I go about mourning,
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Humility

Honesty

Psalm 43 ^{NIV}

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Humility

Turn Towards God

Complain to God

Ask from God

Trust in God

Turn Towards God
Complain to God
Ask from God
Trust in God

Psalm 43 ^{NIV}

¹ Vindicate me, my God,
and plead my cause
against an unfaithful nation.
Rescue me from those who are
deceitful and wicked.

³ Send me your light and your faithful care,
let them lead me;
let them bring me to your holy mountain,
to the place where you dwell.

Turn Towards God

Complain to God

Ask from God

Trust in God

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← Request of Justice

← Request of Salvation

← Request of Provision

← Request of Guidance

Turn Towards God

Complain to God

Ask from God

Trust in God

Philippians 4:6-7 NIV

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Turn Towards God

Complain to God

Ask from God

Trust in God

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Rescue me from those who are
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to the place where you dwell.

Requests of Presence

Turn Towards God

Complain to God

Ask from God

Trust in God

Turn Towards God

Complain to God

Ask from God

Trust in God

Psalm 42:5, 11 & 43:5 NIV

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,
for I will yet praise him,
my Savior and my God.

Turn Towards God

Complain to God

Ask from God

Trust in God

Psalm 42:5, 11 & 43:5 NIV

Why, my soul, are you downcast?

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Put your hope in God,
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→ "Wait with expectation"

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Based on
Old Covenant Promises
(Deuteronomy 28-30)



Turn Towards God
Complain to God
Ask from God
Trust in God

Psalm 42 ^{NIV}

These things I remember
as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.

⁸ By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life.

Psalm 43 ^{NIV}

⁴ Then I will go to the altar of God,
to God, my joy and my delight.
I will praise you with the lyre,
O God, my God.

Turn Towards God

Complain to God

Ask from God

Trust in God

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Past Faithfulness of God

Turn Towards God
Complain to God
Ask from God
Trust in God

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Past Faithfulness of God

Present Faithfulness of God

Turn Towards God
Complain to God
Ask from God
Trust in God

Psalm 42 NIV

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Past Faithfulness of God

Present Faithfulness of God

Promised Faithfulness of God

Turn Towards God

Complain to God

Ask from God

Trust in God

Psalm 42:5, 11 & 43:5 NIV

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,
for I will yet praise him,
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Turn Towards God

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▲
"panch": Face / Presence

Turn Towards God

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Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God.

▲
"pach": Face / Presence

Literally: "by the salvation
of the presence of my God"

Lament is always meant
to bring us to Jesus and His gospel.

COMMUNION

LEFT SIDE DOORS

PRAYER ROOM

RIGHT SIDE DOORS