

Welcome To
Sunday Night Bible Fellowship



*“We proclaim Him, warning every man and teaching every man with all wisdom, so that we may present every man mature in Christ.” **Col 1:28***

SNBF Summer Schedule

July 26 6-8 PM

Aug. 9 6-8 PM

23 6-8 PM

We will continue meeting weekly in the Fall, starting on
Sept. 13, 5-7 PM.

6 categories of Psalms

1. Royal Psalms.
2. Wisdom Psalms.
3. Lament Psalms.
4. Imprecatory Psalms.
5. Messianic Psalms.
6. Praise Psalms.

The Lament Psalms

3-7; 9-10; 12-14; 17; 22; 25-28; 31; 35;36; 38-40; 41-44; 52-57; 59-61; 63; 64; 69-71; 74; 77;79-80; 83; 85; 86; 88-90; 94;102; 109; 120; 123; 126; 129-130; 139-143

1. They are called “Lament” because they are an expression of grief, mourning, regret, or sorrow. They are often crying out to God in difficult circumstances.
2. This is the largest category of Psalms – more than 60.
3. A lament is about creating space for our pain to breathe. You might be saying, 'I'm sad, I'm depressed, I'm angry, my life feels dark and dismal, my life is chaotic, I'm in the pits'. The lament Psalms help us express those feelings to God. We cannot avoid suffering and pain. It is part of the human experience, regardless of whether you are Christian or not. God does not hide His complaint department.
4. A lament is that which expresses a trust in God in the absence of any evidence that He is active in the world. A lament is my struggle as I try to adjust to the sovereignty of God in my life.
5. Lament Psalms are meant to be sung in community. Why? Because we are all in this together – everyone is in some kind of pit (18 times in the Psalms, the Psalmist says he is in the pit and cries out to be rescued).
6. In the pit we get disoriented and a lament Psalm helps us to reorient ourselves. It helps us to yet find refuge and comfort under God’s wing.
7. We are called to feel and sing pain, anger, and confusion to God in the presence of other believers.

A lament is my struggle as I try to adjust to the sovereignty of God in my life.

“There is no attempt in Scripture to whitewash the anguish of God’s people when they undergo suffering. They argue with God, they complain to God, they weep before God. Theirs is not a faith that leads to dry-eyed stoicism, but to a faith so robust it wrestles with God”.

- *D.A. Carson*

“Approximately 0 percent of the top 150 songs sung most in churches are laments. A Christianity that does not lament is a shallow Christianity. It is a medicinal, numbing balm we use to avoid living life in a world that is groaning. It is a Band-Aid to cover our wounds. Fig leaves to be sewn over our humanness. And many of us need to be saved from our addiction to this anemic, shallow substitute for Christianity.”

- Songwriter Michael Gungor

“Why Worship Music Should Be Sadder”

Ps 40:2

2 He brought me up out of the pit of destruction, out of the miry clay,

And He set my feet upon a rock making my footsteps firm.

Matt 5:4

4 "Blessed are those who mourn, for they shall be comforted.

Pattern of the Lament Psalms

- I. The Cry
- II. The Complaint
- III. The Petition
- IV. The Confession of Trust
- V. The Vow of Praise

Lament Psalm

“How Long?”

Psalm 13

July 12, 2015

Psalm 13

Prayer for Help in Trouble.

For the choir director. A Psalm of David.

1 How long, O Lord? Will You forget me forever?

How long will You hide Your face from me?

2 How long shall I take counsel in my soul,

Having sorrow in my heart all the day?

How long will my enemy be exalted over me?

3 Consider and answer me, O Lord my God;

Enlighten my eyes, or I will sleep the sleep of death,

4 And my enemy will say, "I have overcome him,"

And my adversaries will rejoice when I am shaken.

5 But I have trusted in Your lovingkindness;

My heart shall rejoice in Your salvation.

6 I will sing to the Lord,

Because He has dealt bountifully with me.

1. I am hurting.
2. You do not care.
3. The enemy is winning.

“You never get into a corner but you find David in that corner. I think that I was never so low that I could not find that David was lower; and I never climbed so high that I could not find that David was up above me, ready to sing his song upon his stringed instrument, even as I could sing mine.”

Spurgeon

THE CRY

How long, O Lord?

How long? How long? How long? How long?

God is the God of time.

יהוה

“Yahweh”

The covenant-keeping God.

THE CRY

How long, O Lord?

How long? How long? How long? How long?

God is the God of time.

THE COMPLAINT

Will You forget me forever?

David reasons: “You are eternal, You have forgotten me, therefore You have forgotten me forever.”

How long will You hide Your face from me?

God, You have slipped into the dark – I do not sense your presence or see you working in my circumstances.

I pray, but You don't answer.

I read Your Word, but it does not speak to me.

I seek You, but I can not find You.

Psalm 13

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How long shall I take counsel in my soul,
Having sorrow in my heart all the day?

I am finding no answers from within myself. I am unable to solve my own problems. I have exhausted my resources. I am at the end of my rope. I am really down. This isn't working God!

How long will my enemy be exalted over me?

In case you haven't noticed God, the enemy is winning.

“Enemy”

Satanic opposition

Physical sickness

Depression

Persecution

Chaos

A Tragedy

A Crisis

A burden

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THE PETITION

3 Consider and answer me, O Lord my God;
Enlighten my eyes, or I will sleep the sleep of
death,

You need to start paying attention, God. You need to start thinking about me. Get your eyes on me. Give me some answers.

You need to turn on the switch and give me some understanding, some insight into what is going on before I fade away and eventually die.

Eph 1:18-19

18 I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

19 and what is the surpassing greatness of His power toward us who believe.

Ps 119:18

8 Open my eyes, that I may behold
Wonderful things from Your law.

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And my enemy will say, "I have overcome him,"

And my adversaries will rejoice when I am shaken.

God is this what You want? –

my enemies exalting and rejoicing in the fact that they have knocked me off course, they've got me all shook up? They are like slow, circling vultures overhead waiting for my fall.

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THE CONFESSION OF TRUST

5 But I have trusted in Your lovingkindness;
My heart shall rejoice in Your salvation.

“But I” This is the turning point.

יהוה

“Yahweh”

The covenant-keeping God.

חסד

“hesed”

Loyal love.

חֶסֶד

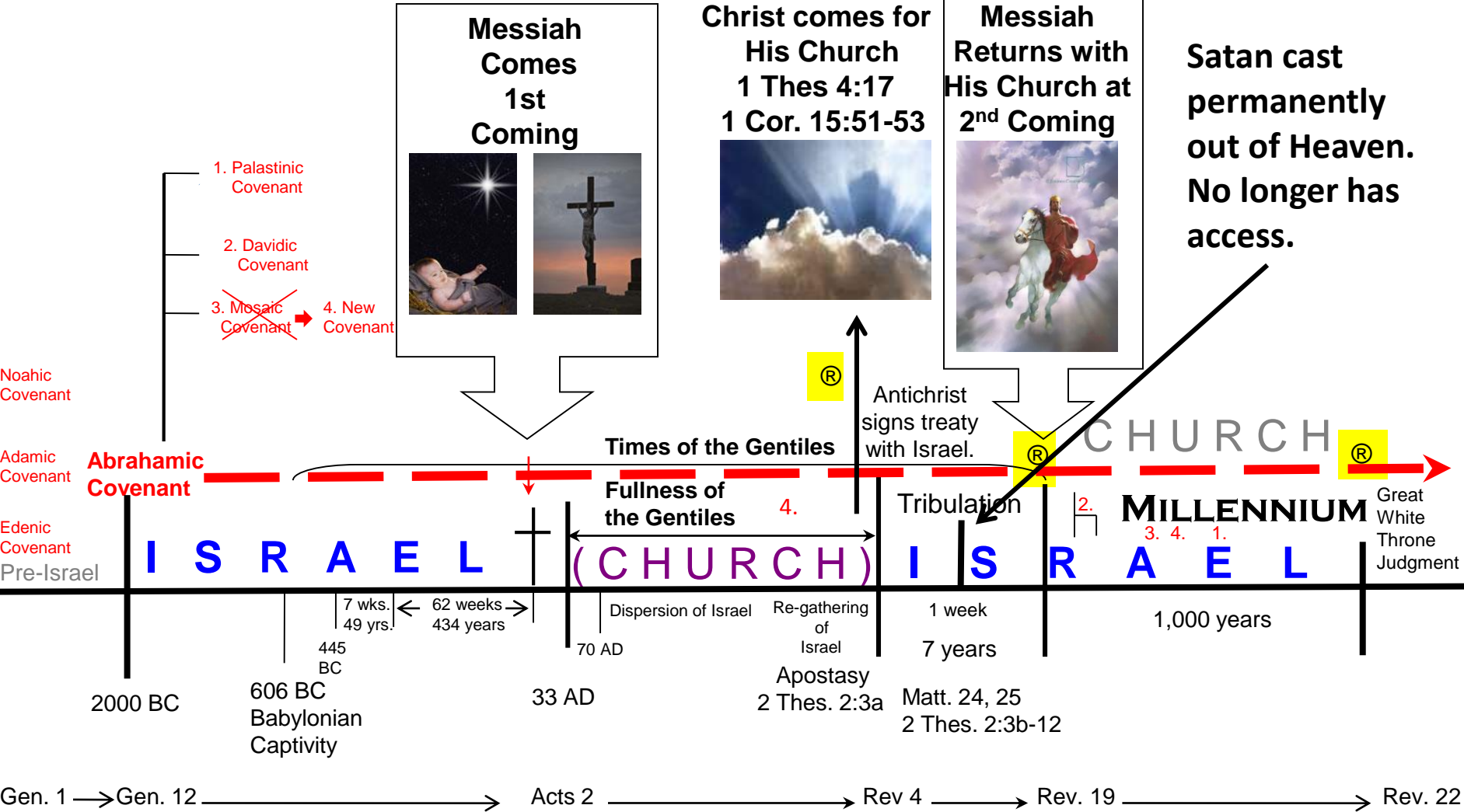
“hesed”

Loyal love.

Meanings:

1. Steadfast
2. Loyal
3. Lovingkindness
4. Faithfulness

Comprehensive Biblical View of Future Prophetic Events



Messiah Comes 1st Coming

Christ comes for His Church
1 Thes 4:17
1 Cor. 15:51-53

Messiah Returns with His Church at 2nd Coming

Satan cast permanently out of Heaven. No longer has access.

® = Resurrection

THE CONFESSION OF TRUST

5 But I have trusted in Your lovingkindness;
My heart shall rejoice in Your salvation.

“But I” This is the turning point.

God, I am going to trust you with my life, with my circumstances, and outcome to all of my problems I am facing because I realize You are a faithful God Who keeps His promises (found in the Abrahamic covenant) with His people.

Hab 3:17-18

7 Though the fig tree should not blossom
And there be no fruit on the vines,
Though the yield of the olive should fail
And the fields produce no food,
Though the flock should be cut off from the fold
And there be no cattle in the stalls,
18 Yet I will exult in the Lord,
I will rejoice in the God of my salvation.

Job 13:15

5 Though He slay me, yet will I trust Him.

2 Cor 4:7-11

7 But we have this treasure in earthen vessels, so that the surpassing greatness
of the power will be of God and not from ourselves;
8 we are afflicted in every way, but not crushed; perplexed, but not despairing;
9 persecuted, but not forsaken; struck down, but not destroyed;
10 always carrying about in the body the dying of Jesus, so that the life of Jesus
also may be manifested in our body.
11 For we who live are constantly being delivered over to death for Jesus' sake,
so that the life of Jesus also may be manifested in our mortal flesh.

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THE VOW OF PRAISE

6 I will sing to the Lord,

Because He has dealt bountifully with me.

I am confident Lord that you will deliver me, and when you do I will go before the congregation of believers and praise You for Your deliverance. I will tell the faithful that God has brought me out, even though I had thought He had forgotten me.

Application

1. Life is tough . . . God is good.
2. It is not easy to prevent what we desire from degenerating into impatience.
3. Forgetting is a human problem, not a God problem.
4. In loyal love there is no forgetting.
5. Getting a fresh view of God from His Word enables us to reorient the focus of our lives – from our problems to the faithfulness of God.
6. God has so closely related Himself to the believer that His character is at stake, and would be shattered should He ever cease to think and care for His own.
7. God not only wants us on our good days, but he also wants us on our worst days. He loves us so much that He wants to be there and wants us to stay connected to Him at a time when we might be tempted to be disconnected.

“This song as it were casts up constantly lessening waves, until it becomes still as the sea when smooth as a mirror, and the only motion discernible at last is that of the joyous ripple of calm repose”

Franz Delitzsch

“Psalm 13”

How long wilt thou, O God of grace,
Forget thy wonted love?
How long conceal thy shining face,
Nor bid the cloud remove?
How long shall my dejected soul,
Thus pondering o'er her woes,
In vain endeavour to control
The power of inward foes?
Lord, hear my prayer, and heal my woes,
Arise with cheering light;
Or soon these wretched eyes will close
In everlasting night.

The powers of darkness will rejoice
To see my life decay,
And triumph with insulting voice
Around their trembling prey.
But, Lord, thy mercy hitherto
Has been my only trust;
Let mercy now my joys renew,
And raise me from the dust.
Then shall my heart and tongue proclaim
The bounties of my God,
My songs with grateful rapture flame,
And spread thy praise abroad.