

WORSHIPPING THROUGH TRIALS AND TROUBLES

POSSIBLE MEANING?

*Worshipping as you are going through your trials
and troubles*

Rejoice always, pray continually, give thanks in all
circumstances; for this is God's will for you in
Christ Jesus

(I Thessalonians 5:16-18)

POSSIBLE MEANING?

Interpreted by the British, this is “stiff-upper-lip”
Christianity



ANOTHER POSSIBLE MEANING?

Worshipping by means of your trials and
troubles

Our trials and troubles *can actually be*
worship

SO?

If God wants us to worship even as we pass through
trials and troubles

AND EVEN MORE

those trials and troubles themselves can be
worship?

How?

BIBLICAL LAMENT

Biblical laments give voice for suffering and their protests are not of doubt but of matured faith. They give voice to the petitioner's belief in God's sovereignty, His justice, His Word, and His covenant faithfulness.

BIBLICAL LAMENT

Cry out in sorrow

Cry out for justice

Cry out in repentance

PSALMS OF LAMENT

**Community
Laments**

12,44,58,60,74,79,80,83,85,89,90,123,126,129

**Individual
Laments**

**3,4,5,7,9,10,13,14,17,22,25,26,27,28,31,36,
39,40:12-17, 41, 42-43, 52,53,54,55,56,57,
59,61,64,70,71,77,86,89,120,139,141,142**

**Penitential
Psalms**

6,32,38,51,102,130,143

**Imprecatory
(cursing) Psalms**

35,69,83,88,109,137,140

TYPES OF PSALM

43% of the Psalter is lament [excl. penitential and imprecatory]

30% of Psalter is made up of individual laments

10% of Psalter is made up of communal laments

Only 35% of Psalter is made up of thanksgiving and praise

Which begs the question...where are all the laments in our
worship songs

OTHER BIBLICAL LAMENTS

II Chronicles 20:12

Jeremiah 15:18

Job 3:11

Book of Lamentations

Habakkuk 3:16

Jeremiah 20:7-18

STRUCTURE OF BIBLICAL LAMENT

- The Address
- The Motivation
- The Lament Proper
- Vow of Praise
- Confession of Trust

STRUCTURE OF JEREMIAH 20:7-18

- The Address (7a)
- The Motivation (14-18)
- The Lament Proper (7b-10)
- Vow of Praise (13)
- Confession of Trust (11-12)

THEREFORE

It is OK to cry out to God, and even, cry out
at God in our suffering

this is worship

CONCLUSION

Lament is not a failure of faith, but an act of faith. We cry out directly to God because deep down we know that our relationship with God counts; it counts to us and it counts to God.

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MICHAEL CARD

It seems to me that we do not need to be taught how to lament since we have so many models in Scripture. What we need is simply the assurance that it's okay to lament. We all carry deep within ourselves a pressurized reservoir of tears. It takes only the right key at the right time to unlock them. In God's perfect time, these tears can be released to form a healing flood. That's the beauty and the mystery of the prayer of lament."

THE GREATEST AND ULTIMATE LAMENT

"Eloi Eloi lama sabachthani?" My God,
my God, why have you forsaken me?"

(Matthew 27:46 Mark 15:34)