

# Psalms 42-43 (NASB\*)

<p><b>COMPLAINT – “I”</b>                  42:1 As the deer pants for the water brooks,                  so my soul pants for You, O God.                  2 My soul thirsts for God, for the living God;  <i>when shall I come and appear before God?</i>                  3a My tears have been my food day and night,</p> <p><b>COMPLAINT – “They”</b>                  3b While they say to me all day long,                  “Where is your God?”</p> <p><b>COMPLAINT – “I”</b>                  4 These things I remember                  and I pour out my soul within me.  <i>For I used to go along with the throng                  and lead them in procession                  to the house of God,                  with the voice of joy and thanksgiving,                  a multitude keeping festival.</i></p>	<p><b>COMPLAINT – “I”</b>                  42:6 My soul is in despair within me.                  Therefore I remember You                  from the land of the Jordan                  And the peaks of Hermon,                  from Mount Mizar.</p> <p>7 Deep calls to deep                  at the sound of Your waterfalls;                  all Your breakers and Your waves                  have rolled over me.</p>	<p><b>PETITION</b>                  43:1 Vindicate me, O God,                  and plead my case against an ungodly nation;                  O deliver me from the deceitful and unjust man!</p>
	<p><b>CONFIDENCE</b>                  8 Yahweh will command His lovingkindness                  in the daytime;                  and His song will be with me in the night                  -- a prayer to the God of my life.</p>	<p><b>CONFIDENCE</b>                  2 For You are the God of my strength.</p>
<p>5 Why are you in despair, O my soul?                  And why have you become disturbed within me?                  Hope in God, for I shall again praise Him                  --the salvation of my presence and my God.*</p>	<p><b>COMPLAINT – “You”</b>                  9a I will say to God my rock,                  “Why have You forgotten me?”</p> <p><b>COMPLAINT – “I”</b>                  9b Why do I go mourning                  because of the oppression of the enemy?”</p> <p><b>COMPLAINT – “They”</b>                  10 As a shattering of my bones,                  my adversaries revile me,                  while they say to me all day long,                  “Where is your God?”</p>	<p><b>COMPLAINT – “You”</b>                  Why have You rejected me?  <b>COMPLAINT – “I”</b>                  Why do I go mourning                  because of the oppression of the enemy?</p>
	<p>11 Why are you in despair, O my soul?                  And why have you become disturbed within me?                  Hope in God, for I shall again praise Him                  -- the salvation of my presence and my God.</p>	<p><b>PETITION</b>                  3 O send out Your light and Your truth,                  let them lead me;  <i>let them bring me to Your holy hill                  and to Your dwelling places.</i></p>
		<p><b>Affirmation of Praise</b>                  4 <i>Then I will go to the altar of God,                  to God my exceeding joy;                  and upon the lyre I shall praise You,                  O God, my God.</i></p>
		<p>5 Why are you in despair, O my soul?                  And why are you disturbed within me?                  Hope in God, for I shall again praise Him                  -- the salvation of my presence and my God.</p>



<http://www.firescribe.com/FS007%20-%20Out%20of%20the%20Depths.htm>

# *Psalm 42*

## *“Why so depressed?”*

*1) Feels  
Abandoned by  
God*

*2) Feels  
Overwhelmed by  
God’s Actions*

# *Lament & Contemporary Worship*

(1) Eliminated "*Lament*" from our Definition of Worship  
& from the Definition of "Mature Spirituality"

<b>The Expressions of Worship</b>		
<b>Adoration</b>	<b>Thanksgiving</b>	<b>Praise</b>
Contemplative worship, which focuses on the beauty and splendor of God to delight in His character	Grateful worship in which believers respond with expressions of joyful and humble appreciation to the gifts, the favor, the blessings and the specific actions of God	Celebrative worship in which believers glorify and exalt God through enthusiastic and uninhibited expression of rejoicing in God's names, acts and character
Material in this chart taken from an untitled lecture on worship given by Dr. Bruce Lealblad at Belhel Theological Seminary.		

# *Lament & Contemporary Worship*

(2) Eliminated Expression of "*Lament*"  
from our Worship,  
and relegated it to Private Counseling Sessions

- ▶ created a disjuncture between our  
times of worship and rest of life

# ***Lament & Contemporary Worship***

(3) When we do use the Lament Psalms,  
we Transform them into Declarations of Praise

## ***Incorporating "Lament" into Contemporary Worship***

A) Individual Level

B) Corporate Level



***Cultivating the Use of "Lament"***

***In Corporate Worship***

**The goal is the integrating of *BOTH* lament and praise into worship, not substituting, replacing, or eliminating one for the other.**

## ***Cultivating the Use of "Lament" In Corporate Worship***

- 1) Worship Leaders / Pastors Model it in Personal Lives**
- 2) Re-Align (Re-Educate) our Thinking in the Church**
- 3) Begin at the Grass-Roots Level**
- 4) In Corporate Worship,  
introduce "Lament" elements  
at Appropriate Occasions:**
  - ▶ Spontaneous Occasions**
  - ▶ Liturgical Occasions**
  - ▶ Empathetic Occasions**