

Parkade Baptist Church
Bible Study Guide: The Laments of Psalms
April 5, 2020

In the days leading up to the death of Jesus, there was terrible sorrow in the soul of Christ. Read Matthew 26:36-39 of Jesus praying in the garden. What do you notice of this time in the life of Jesus?

As Jesus was hanging on the cross, he references Psalms 21 prior to his death. Read **Matthew 27:45-46**. Why would Jesus reference Psalm 21:1? Do you think he was simply teaching Scripture to people viewing his crucifixion or was something else taking place?

The reference from Jesus comes from **Psalms 22:1**. Read verses 1-5. How can we apply this to our current crisis?

Psalms 13 is a Lament Psalms that is broken down into six parts. Below are the six parts of a lament. As you read through Psalm write down the verse that you believe goes with each of the six parts listed below.

6 Parts of a Lament

1. Call to God
2. Description of a need or complaint
3. A request for help
4. Reasons God should intervene
5. Statement of trust
6. Concluding praise

As you **read and reflect** through **Psalm 21 and 13** consider these questions.

1. What do we learn about our human condition?
2. When we think about King David writing laments and King Jesus using the laments, what can we apply to our own lives with laments?

3. In our study I will suggest to you that through our suffering comes glory. Read the following verses and think about how glory only comes through suffering. 1 Peter 4:12-14, 5:1; Romans 8:18, & 2 Corinthians 4:16-18.
4. Consider how you can use laments as part of your spiritual disciplines during this difficult season of life.