

# **MONDAY NIGHT BIBLE STUDY**

## **Woe is Me... Psalms of Lament**

Psalms 3, 88, 90, 51, 137

September 30, 2013

### I. Isolation Lament - Psalm 3

Take Away-When you feel isolated, deserted, alone and left out...look to the One who has promised to never leave you or forsake you.

### II. Rejection Lament - Psalm 88

Take Away-There may be pain in your life that is never removed this side of heaven...just keep crying out to God.

### III. Reflection Lament - Psalm 90

Take Away-Make the most the days God has given you by watching Him, worshipping Him and working for Him.

### IV. Correction Lament - Psalm 51

Take Away-Confess your sin to God. Don't rationalize it, minimize it or justify it...OWN IT. IT'S YOURS!

### V. Desecration Lament - Psalm 137

Take Away-It's OK to be angry at what makes God angry.