



The *Sunday Recap* is a quick rundown of our time of worship together on Sunday and a quick look at next Sunday. Our hope is that this will help us continue to reflect on the good news of the gospel all week and prepare for the upcoming Sunday. Enjoy!

\*\*\*Please pray for hope and healing for the Kok family in the loss of their son and brother Nate. *When one of us suffers we all suffer.* Lets bear the burdens of this family together.

**SCRIPTURE TO MEDITATE ON:**

*Psalm 13:2*

*How long must I take counsel in my soul  
and have sorrow in my heart all the day?*

**REFLECTION QUESTIONS:**

- How have you processed grief in your life? What was the most difficult thing you ever faced?
- Did you grow up with examples of how to trust God in the midst of pain and suffering? If so who did you see do that?
- If someone asks you “Why does God allow evil and suffering?” how would you respond?

**QUESTIONS FOR KIDS**

\*\*\*See the [NEW CITY CATECHISM](#) app for great questions to review with your children to help them understand Christian Theology.

- Pray for the Kok family with your kids.
- What do you think we should do when we go through really sad times?
- Have you ever had a really sad/difficult
- If we go through suffering does that mean God is mad at us or has forgotten about us? Why or why not?

## SUGGESTED RESOURCES

[Rejoicing in Lament](#) by Todd Billings

## SONGS WE SANG:

*\*Check out our Spotify playlist here: <https://goo.gl/BQddvV>*

[Our Great God](#) by Fernando Ortega and Mac Powell

[How Deep The Father's Love For Us](#) by Chelsea Moon

[Steadfast](#) by Sandra McCracken

[Abide with Me](#) by Indelible Grace

[More Than Amazing](#) by Lincoln Brewster

## READINGS:

### READINGS:

The LORD is gracious and merciful,  
slow to anger and abounding in steadfast love.  
The LORD is good to all,  
and his mercy is over all that he has made.  
All your works shall give thanks to you, O LORD,  
and all your saints shall bless you!  
They shall speak of the glory of your kingdom  
and tell of your power,  
to make known to the children of man your mighty deeds,  
and the glorious splendor of your kingdom.  
Your kingdom is an everlasting kingdom,  
and your dominion endures throughout all generations.  
- Psalm 145:8-13

## PRAYER OF CONFESSION

L: Have mercy on me, O God,  
because of your unfailing love.

**C: Because of your great compassion,  
blot out the stain of my sins.**

L: Wash me clean from my guilt.

Purify me from my sin.

For I recognize my rebellion;  
it haunts me day and night.

**C: Against you, and you alone, have I sinned;  
I have done what is evil in your sight.**

L: You will be proved right in what you say,  
and your judgment against me is just.

**C: Create in me a clean heart, O God.  
Renew a loyal spirit within me.**

- Psalm 51:1-4 and 10

## **PASSING OF THE PEACE**

Through Christ we have been reconciled to the Father. Our sins have been blotted out and we have been made one with Christ. Now we now can experience true reconciliation and peace with each other. Take a moment to greet each other this morning with that peace.

## **WORD OF ASSURANCE**

For this is the covenant that I will make with the house of Israel after those days, declares the LORD: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people. For I will forgive their iniquity, and I will remember their sin no more.”  
Jeremiah 31:33-34

## **BENEDICTION**

L: To him who loves us and has freed us from our sins by his blood and made us a kingdom, priests to his God and Father, to him be glory and dominion forever and ever. Amen. Peace be with you!

C: And Also with you!

## **SERMON NOTES**

Psalm 13

How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

How long must I take counsel in my soul  
and have sorrow in my heart all the day?

How long shall my enemy be exalted over me?

Consider and answer me, O LORD my God;  
light up my eyes, lest I sleep the sleep of death,  
lest my enemy say, “I have prevailed over him,”  
lest my foes rejoice because I am shaken.

But I have trusted in your steadfast love;  
my heart shall rejoice in your salvation.

I will sing to the LORD,  
because he has dealt bountifully with me.

### **What is lament?**

Lament is really “Expressing the struggle we have integrating theological truths and experienced reality

## **SERMON SUMMARY: LAMENT = EXPRESSING A STRUGGLE BETWEEN HEAD AND HEART**

Lament involves 3 things:

1. PROCLAMATION OF TRUTH
2. PROCLAMATION OF REALITY
3. PROCLAMATION OF TRUST

Let's look at 3 things that are proclaimed in a lament to the Lord:

1. PROCLAMATION OF TRUTH
2. PROCLAMATION OF REALITY
3. PROCLAMATION OF TRUST

### **#1 - PROCLAMATION OF TRUTH**

We know who God is from how He's revealed himself in the scriptures

WE KNOW THIS ABOUT GOD:

a) HE IS SOVEREIGN

Psalm 115:3

Our God is in the heavens;  
he does all that he pleases

Proverbs 16:9

The heart of man plans his way,  
but the LORD establishes his steps.

Proverbs 21:1

The king's heart is a stream of water in the hand of the LORD;  
he turns it wherever he will.

b) HE IS ABLE

He can raise the dead / Heal the sick. Quiet raging sea (Matthew 8:26-27) Command demons and they obey

c) HE KNOWS US

Psalm 139:1-6

O LORD, you have searched me and known me!

You know when I sit down and when I rise up;

you discern my thoughts from afar.

You search out my path and my lying down

and are acquainted with all my ways.

Even before a word is on my tongue,

behold, O LORD, you know it altogether.

You hem me in, behind and before,

and lay your hand upon me.

Such knowledge is too wonderful for me;

it is high; I cannot attain it.

D) HE LOVES US

PSALM 13 v. 5-6

But I have trusted in your steadfast love

my heart shall rejoice in your salvation

I will sing to the Lord

because he has dealt bountifully with me

#2 PROCLAMATION OF REALITY

Psalm 13 v1-2

Complaint (this is what I feel or see)

How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I bear pain in my soul,

and have sorrow in my heart all day long?

How long shall my enemy be exalted over me?

**To ask "How Long"** is not really a question needing a response as an **expression of exhaustion**.

Notice the seeming contradictions:

*Psalm 13:1 How long, O Lord? Will you forget me forever?*

*How long will you hide your face from me?*

*Then in v.5 he talks about God's steadfast love?*

*How long will you abandon me. How long will you be far from me?*  
Then in v.6 he says "he has dealt bountifully with me"

SERMON SUMMARY: LAMENT = EXPRESSING A STRUGGLE BETWEEN HEAD AND HEART

### #3 PROCLAMATION OF TRUST

You might read a psalm of lament like here in Psalm 13 and think, that its a proclamation of disbelief  
But its not, here's why- If God is weak and distant then there is no reason to lament.  
Lament is built on the fact that he is indeed sovereign and good.

*"As strange as it sounds, the fact that the psalmist can bring anger, frustration, and protest to God is rooted in hope: if you don't hope that God is good and sovereign, you don't bother to bring your lament to the Lord." - Todd Billings, Rejoicing in Lament*

Example: Psalm 13:2 - The writer truly believes God can destroy his enemies

What keeps us lamenting? That we really believe one day he will ultimately make it all right.  
The belief that when Jesus said "It is finished" he really meant it. That evil really is defeated and we are awaiting its final defeat. THAT ALL THINGS REALLY ARE RESTORED IN CHRIST.

***But*** When we TRY TO REDUCE THE TENSION, we think it will make it easier to get through this situation, or accept the pain

So we EITHER:

NEGLECT what we are experiencing and the emotions attached to that, and make it a cognitive exercise; Telling ourselves we shouldn't feel that or simply ignoring our feelings all together

**OR**

NEGLECT SCRIPTURE, who God has revealed himself to be, and only trust what we are experiencing and feeling void of that truth

**THE GOOD NEWS OF THE GOSPEL is that you can sit in that mysterious middle and still be loved there.**

## PREPARE FOR THIS SUNDAY

To help you prepare your heart and mind for this Sunday, we encourage you to read the scripture & readings and listen to the songs we'll be singing this Sunday. May God prepare our hearts to hear what He has to say to us.

### SERMON SCRIPTURE

#### **Jeremiah 31:31-34**

*"Behold, the days are coming, declares the LORD, when I will make a new covenant with the house of Israel and the house of Judah, not like the covenant that I made with their fathers on the day when I took them by the hand to bring them out of the land of Egypt, my covenant that they broke, though I was their husband, declares the LORD. For this is the covenant that I will make with the house of Israel after those days, declares the LORD: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people. And no longer shall each one teach his neighbor and each his brother, saying, 'Know the LORD,' for they shall all know me, from the least of them to the greatest, declares the LORD. For I will forgive their iniquity, and I will remember their sin no more."*

## SONGS WE'LL SING

[Awake My Soul](#) by Derek Webb

[My Rock and My Redeemer](#) by Sojourn Church

[Depth of Mercy](#) by Red Mountain Church

[God with Us](#) by Jesus Culture

## READINGS

### *CALL TO WORSHIP*

L: Praise God! The gates of heaven are open.

God has become man to save us,

**C: We now have life in Him**

L: The gates of hell God has shattered,  
the bars of Adam's prison, broken.

**C: From the earth comes singing and dancing**

L: Joy to all creatures, honor, feasting, and delight!

**C: Dark death is destroyed and life is restored**

L: The light in the soul will never go out.

The fire of grace burns in us all.

**C: Spirit, divine, in our bodies and our souls,  
fed with the oil of Christ**

### *PRAYER OF CONFESSION*

L: Lord, we come before you with our faults and failures of days now past. We have tried your patience and betrayed your trust. Yet you invite us to come in lowliness of heart and receive your forgiveness once again.

**C: Lord receive our confession as we receive your forgiveness**

L: Forgive us Lord for:

Our failure to be true even to our own accepted standards

Our self deception in the face of temptation

Our choosing of the worse when I know the better,

**C: O Lord forgive us.**

L: Forgive us for

Our failure to apply to ourselves the standards of conduct we demand of others

Our blindness to the suffering of others and our slowness to be taught by our own

Our complacency towards wrongs that do not touch our own case and our over-sensitiveness to those that do

**C: O Lord forgive us.**

L: Forgive us for

Our slowness to see the good in our fellows and to see the evil in ourselves

Our hardness of heart towards our neighbor's faults and our readiness to make allowance for our own

Our unwillingness to believe that you have called us to a small work and others to a great one

**C: O Lord Forgive us.**

### *BENEDICTION*

L: Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

Go in the name of the Father, the Son, and the Holy Spirit. Peace be with you!

**C: And also with you!**