

# THE FIRST LAMENT

Psalm 3



## SYNOPSIS

This past Sunday, Pastor Richard shared from Psalm 3 on David's prayer of lament as he was running for his life from his son, Absalom. First of all, scripture teaches us that we pray biblical laments when doubts and fears arise. Second of all, we challenge our doubts and fears through biblical lament.

Consider the situation David was in. He was trapped, oppressed, and suffocated, but the biggest problem for him was that there was an attack on his soul. His problem is not a physical one, but a soul matter. Any time trials hit, we are faced with the temptation to shut down. We don't know how to go through a proper lament, and the danger is when we start thinking that not only can we not do it, but God can't even do it. Biblical lament is the reality that even in the darkest moments, even though we can't do it - God can.

David is able to turn from his fear and anxiety, and verse 3 gives us some clues as to how he does this. He says: "You are my shield, my glory, the one who lifts my head. These truths anchor him and come alive by the power of the Holy Spirit in this dark moment for him.

God is a shield - no matter what we are going through, there is always a safe place in Him. God is our glory - when everything is stripped away, David can finally find peace in the Lord. God is the lifter of our head. God loves to lift up the broken-hearted and draw near to the broken.



## 3 THEMES TO REMEMBER

**1 "YOU ARE MY SHIELD"**  
No matter what we are going through, we can find safety in Him. But shields only work if we are close to God. Not only that, but we have to face the arrows to be protected. When we face doubts and fears and anxieties, we may want to run away, but as we run away, we get hit. Biblical lament is facing our fears and staying close to the shield. That is how we are healed.

**2 "YOU ARE MY GLORY"**  
David lost his kingship and when everything is stripped away, David finds peace in the Lord. Sometimes we don't listen when we are saturated with comfort, but when God strips things away, we begin to really listen and hear. Not only that, but we remember those words in our darkest moments.

**3 "THE ONE WHO LIFTS MY HEAD"**  
God does not despise the broken hearted. Rather, He is the one that loves the broken. He loves to draw near to the broken-hearted and lift up their head when they draw near to Him.



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## DISCUSSION QUESTIONS

1

If you are comfortable, share one of the hardest seasons of your life.

2

What do you see is your natural tendency when you are going through trials and difficult season?

3

Have you ever experienced God as your shield? What did that look like?

4

What do you think God desires to strip away in order for you to hear and feel the nearness of God?

5

Have you ever felt rejected by God? Speak truth over one another that He loves to draw near the broken-hearted, to be the lifter of our head.



## BIG IDEA

When we are faced with trials and dark times, we are tempted to run away. Biblical lament teaches us how to walk towards our fears and anxieties by staying close to Him, trusting that He is our shield, our glory, the lifter of our head.