

---

## **How Long O LORD: will You forget me forever?**

### **1. Why should we lament?**

- it's part of faith, repentance & worship
- to survive (as we journey thru a crisis)
- for sanctification, healing & hope

### **2. How should we lament?**

- thru a desperate cry to God (vs1-2)
- with a passionate plea unto God (vs3-4)

- by trusting & praising God (vs5-6)

- personally & corporately with our eyes fixed on Jesus  
(Ps 80, 85; 1Co 12:26; Heb 12:1-3; Ps 1-2, 22, 110)

### **3. What should we lament?**

- our sins (personal & corporate) (Ps 32)
- the unfaithfulness of God's people (Ps 12)
- feeling abandoned by God (Ps 13)
- the evil & injustices of this world (Ps 73)
- our suffering (personal & corporate) (Ps 6)