

PSALMS OUTLINE

Week 7-9 – Laments

Week 10 – Songs of Ascents

Week 11 – Historical

Week 12 – Word of God

Week 13 – Thanksgiving

Lament

Definition:

- a passionate expression of grief;
- a song, piece of music, or poem expressing grief or regret

Why 3 weeks?

Most common type of psalm

More than 50 psalms

Types of Laments

National

Psalms 44, 60, 74, 79, 80, 83, 85,
90, and 126

Personal

Psalms 3-7, 12-13, 16-17, 25, 26,
28, 31, 35, 38, 39-43, 51-52, 54-
57, 59, 61, 64, 69, 70, 71, 77, 86,
88, 89, 102, 109, 120, 130, 140,
142, and 143

Types of Laments by Theme

Imprecatory

Psalms 12, 35, 58, 59, 64, 69, 83,
109, 137, 141

Many others have imprecation

Penitential

Psalms 6, 32, 38, 51, 102, 130, 143

Complaint

Persecuted: 5, 7, 10, 17, 26, 52,
71, 140

Illness/Incapacity: 6, 22, 38, 88, 102

Personal Lament

Structure

- A) Introductory cry for help or appeal to God
- B) The complaint (lament) itself
- C) Confession of trust
- D) Petition(s), frequently with reasons to persuade God
- E) Vow of praise when answered or in anticipation