

**Message Notes**  
**How Long, O Lord? Psalms of Lament**

**Daily Devotional Guide**

**Verse of the Week:** “How long, O Lord? Will you forget me forever.?” (Psalm 13:1, NIV).

**Daily Prayer**

God of all mercies, you make nothing in vain and love all that you have made. Teach us to lament what we have lost and call upon your name, comfort us in our grief, renew our hopes for the future, and console us by the knowledge of your unfailing love, for only you have the words of life. Through Jesus Christ our Lord. Amen.

**Daily Readings:** This week’s readings sample the Psalms of Lament. Look for the pattern of Protest, Petition, and Praise:

<b>Day:</b>	<b>Scripture:</b>	<b>Genre:</b>
Monday	Psalm 12, Psalm 51	Laments over sin
Tuesday	Psalm 22, Psalm 13	Individual laments
Wednesday	Psalm 44, Psalm 60	Communal laments
Thursday	Psalm 6, Psalm 109	Laments over injustice
Friday	Psalm 88	Lament without resolution
Saturday	Psalm 5, Psalm 25	Laments of abandonment

**Questions for Reflection/Journaling/Discussion:**

1. How did you respond to this week’s message? What insights and questions did it raise for you?
2. Choose a few Psalms from the daily readings and examine them for the pattern of Protest, Petition, and Praise. How does this pattern address both pain and hope?
3. Write your own Psalm of lament, perhaps focused on the coronavirus, using this three-fold pattern. Experiment with language and don’t be afraid to express your real feelings.
4. How does praying these Psalms of lament alter your prayer life? Your relationship with God?
5. You may also respond to the questions in the *Immerse: Messiah* reading plan card.

**Intercessory Prayer Guide:**

Monday -Pray for all those who are grieving.

Tuesday - Pray for those who are sick.

Wednesday - Pray for all those on the front lines fighting the virus.

Thursday - Pray for those who are isolated and alone.

Friday - Pray for wisdom in reopening the country.

Saturday Pray for those who will join our online worship services tomorrow.