

# Psalm 69

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## Lamenting like the King

1) Lament Your Sorrow – v. 1-4, 7-12, 20-21, 29

2) Recall Good Theology – v. 13-19, 33-36

3) Petition Your Case – v. 1, 6, 13-18, 22-28

4) Express Your Praise – v. 30-31

5) Encourage Your Brothers – v. 32-36

### Praxis

1. What is a recent “sorrow” that you have endured, big or small? What was the reason? What was your reaction?
2. Why is lament hard for many? Why is it hard for you?
3. What will keep lament from becoming merely “complaining to God”?
4. Without actual laments over one’s sorrows, what is the effect on one’s prayers?