

Making Room for Blue Notes in Prayer without Losing Hope (Psalm 142)
Grace Covenant Church, Vesper Lesson
July 21, 2019

Introduction:

- A. Where are all the blue notes in worship and prayer?
- B. The Communal Songbook of Israel was full of blue notes

A Display of Blue Notes in Corporate Prayer

- I. The Situation in Life of the Psalm—David is in dire straits
 - A. Superscription--*A Maskil of David, when he was in the cave. A Prayer* (142:1)
- II. The Elements of a Complaint/Lament Psalm
 - A. Six Typical Elements of Lament Psalm
 - 1. Address—A turning to God or Introductory Cry for Help (1–2)
 - 2. Lament (vv. 3b and 4)
 - a. *A focus on his enemies*—(v. 3b)
 - b. *A focus on himself*—(v. 4)
 - 3. Confession of Trust (v. 3a, 5)
 - 4. Petition (vv. 6, 7a)
 - 5. Vow of Praise (v. 7b)
 - 6. Assurance of being heard (7c)
- III. Some Practical Reflections to Aide us in Our Laments
 - A. There is a place for complaint in the Christian life
 - 1. David’s complaints
 - a. *A focus on his enemies*—“In the path where I walk they have hidden a trap for me” (v. 3b)
 - b. *A focus on himself*—I Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul. (v. 4)
 - B. Complain to someone who can do something about it
 - 1. Are your “gripe-session” partners objective or subjective?
 - 2. The Tri-une God is the most objective “gripe-session” partner imaginable
 - a. Address--With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD. ² I pour out my complaint before him; I tell my trouble before him (vv. 1–2)
 - b. Confession of Trust (v. 3a, 5)
 - i. When my spirit faints within me, you know my way! (3a)
 - ii. I cry to you, O LORD; I say, "You are my refuge, my portion in the land of the living." (v. 5)
 - c. Petition (vv. 6, 7a)
 - i. Attend to my cry, for I am brought very low! (6a)
 - ii. Deliver me from my persecutors, for they are too strong for me! (6b)

- ii. Bring me out of prison, (7a)
- C. Lament in Hope
 - 1. Notice that David does not end his lament in pessimism but in optimism.
 - a. Vow of Praise (v. 7b)
 - b. Assurance of being heard (7c)
The righteous will surround me, for you will deal bountifully with me (7c)
 - 2. Grieve as those who have hope (1 Thess 4:13)