

## Psalms for Every Season: Lament Psalms

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Psalm 77

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### Reflection & Discussion

**“Lament is the unedited voice of the wounded”** (Bethany Spencer)

Raw, honest feelings that are outwardly expressed from inward pain and grief.

\*How would you define lament?

\*What happens in your mind, body, and heart when you think about lamenting?

\*When is the last time you’ve experienced a season of anxiety, pain, suffering, etc.? Is outward expression of inner pain easy or more difficult for you?

**Psalm 77 is a lament psalm broken into 2 distinct movements: first, The Movement of Lament**

Read and discuss Psalm 77:1-9(NIV)

*<sup>1</sup> I cried out to God for help;*

*I cried out to God to hear me.*

*<sup>2</sup> When I was in distress, I sought the Lord;  
at night I stretched out untiring hands,  
and I would not be comforted.*

*<sup>3</sup> I remembered you, God, and I groaned;  
I meditated, and my spirit grew faint.*

*<sup>4</sup> You kept my eyes from closing;  
I was too troubled to speak.*

*<sup>5</sup> I thought about the former days,*

*the years of long ago;*

*<sup>6</sup> I remembered my songs in the night.*

*My heart meditated and my spirit asked:*

*<sup>7</sup> “Will the Lord reject forever?*

*Will he never show his favor again?”*

*<sup>8</sup> Has his unfailing love vanished forever?*

*Has his promise failed for all time?*

*<sup>9</sup> Has God forgotten to be merciful?*

*Has he in anger withheld his compassion?”*

\*What do you notice in this passage about how Asaph calls out to God?

\*Where do you locate yourself in these words?

\*How do questions like the ones in the passage help in a time of distress?

**The second: Movement of Remembering**

Read and discuss Psalm 77:10-(NIV)

*<sup>10</sup> Then I thought, “To this I will appeal:*

*the years when the Most High stretched out his right  
hand.*

*<sup>11</sup> I will remember the deeds of the Lord;  
yes, I will remember your miracles of long ago.*

*<sup>12</sup> I will consider all your works  
and meditate on all your mighty deeds.”*

*<sup>13</sup> Your ways, God, are holy.  
What god is as great as our God?*

*<sup>14</sup> You are the God who performs miracles;  
you display your power among the peoples.*

*<sup>15</sup> With your mighty arm you redeemed your people,  
the descendants of Jacob and Joseph.*

*<sup>16</sup> The waters saw you, God,  
the waters saw you and writhed;  
the very depths were convulsed.*

*<sup>17</sup> The clouds poured down water,  
the heavens resounded with thunder;  
your arrows flashed back and forth.*

*<sup>18</sup> Your thunder was heard in the whirlwind,  
your lightning lit up the world;  
the earth trembled and quaked.*

*<sup>19</sup> Your path led through the sea,  
your way through the mighty waters,  
though your footprints were not seen.*

*<sup>20</sup> You led your people like a flock  
by the hand of Moses and Aaron.*

\*What do you notice in this passage about what Asaph moves to?

\*Can you think of a time that remembering what God has done in your life or someone else’s that has helped in painful time?

**The traditional Hebrew prayer of Dayenu would be a foundation where faith and trust were built**

The words of the prayer express gratitude for God's provision with the refrain, "It would have been enough".

\*What part has remembering played in your faith?

\*Can you share some of your own 'It would have been enough' prayers?

**God's 'witness' is never withdrawn**

Sharing our raw, real emotions with God moves us deeper into relationship.

\*When do you feel intimidated by your emotions? Are you ever afraid of being 'too much' for God in your pain?

\*How would lament conversations bring you closer to God?

\*What is the Spirit saying to you through this psalm about your current season of life? What are you being invited to lean in to lament?

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