

# LAMENT & LONGING

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Psalm 27; Matthew 6:25 – 34

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### MESSAGE NOTES

#### LAMENTING

- **Lament is a prayerful expression of sorrow, grief, and frustration. In seasons of pain and suffering, it can draw us into a deeper connection with ourselves. It's not just an emotion—it's a visceral experience. Lament meets us in our most vulnerable places, and at times, it can feel overwhelming, even debilitating.**

*The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. — Psalm 27:1 – 3 (ESV)*

*One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in His temple. For He will hide me in His shelter in the day of trouble; He will conceal me under the cover of His tent; He will lift me high upon a rock. And now my head shall be lifted up above my enemies all around me, and I will offer in His tent sacrifices with shouts of joy; I will sing and make melody to the Lord. — Psalm 27:4 – 6 (ESV)*

*Hear, O Lord, when I cry aloud; be gracious to me and answer me! You have said, "Seek My face." My heart says to You, "Your face, Lord, do I seek." Hide not Your face from me. Turn not Your servant away in anger, O You who have been my help. Cast me not off; forsake me not, O God of my salvation! For my father and my mother have forsaken me, but the Lord will take me in. — Psalm 27:7 – 10 (ESV)*

*Wait for the Lord; be strong, and let your heart take courage; wait for the Lord! — Psalm 27:14 (ESV)*

#### TRUST

*"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and His righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." — Matthew 6:25 – 34 (ESV)*

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## DISCUSSION QUESTIONS

- What is the most common experience you're having in life right now—clarity or confusion?
- What brings you joy in this season? What feels frustrating, or even fearful?
- During Lent, we enter the 40 days from Ash Wednesday to Easter Sunday with anticipation—expecting Jesus to refine us through prayer, fasting, and spiritual steps of growth.
- What do you notice within yourself this Lent season? What kind of growth do you sense Jesus is inviting you into?
- Read Psalm 27:  
What stands out to you in David's words?  
Are there any verses that you resonate with—or that confuse you?
- Verses like Psalm 27:4, 8 – 9, and 11 all reflect a desire for clarity from God. In your own prayer life right now, how often are you asking Jesus for clarity, rather than telling Him what you want to happen?
- Psalm 27:14 and Matthew 6:25 – 34 share a common thread: waiting and trusting Jesus with what comes next.
- What is something you want to entrust to Jesus and believe He will give clarity for?
- What step could you take this season to grow in trusting Him more?