



### **The Power of Lament**

Psalm 55:1-5: Listen to my prayer, O God, do not ignore my plea; <sup>2</sup> hear me and answer me. My thoughts trouble me and I am distraught <sup>3</sup> because of what my enemy is saying, because of the threats of the wicked; for they bring down suffering on me and assail me in their anger. <sup>4</sup> My heart is in anguish within me; the terrors of death have fallen on me. <sup>5</sup> Fear and trembling have beset me; horror has overwhelmed me.

Psalm 55:9: Lord, confuse the wicked, confound their words, for I see violence and strife in the city.

Psalm 55:10-14: Day and night they prowl about on its walls; malice and abuse are within it. <sup>11</sup> Destructive forces are at work in the city; threats and lies never leave its streets. <sup>12</sup> If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. <sup>13</sup> But it is you, a man like myself, my companion, my close friend, <sup>14</sup> with whom I once enjoyed sweet fellowship at the house of God, as we walked about among the worshipers. <sup>15</sup> Let death take my enemies by surprise; let them go down alive to the realm of the dead, for evil finds lodging among them.

*Insert Cynthia Butler video.*

Psalm 55:16-19: As for me, I call to God, and the Lord saves me.

<sup>17</sup> Evening, morning and noon I cry out in distress, and he hears my voice. <sup>18</sup> He rescues me unharmed from the battle waged against me, even though many oppose me. <sup>19</sup> God, who is enthroned from of old, who does not change—he will hear them and humble them...