

Why Psalm 88 is Good for the Soul

Psalm 88

October 27, 2024

Psalm 88 is the only psalm of lament that does not include a statement of truth and trust. It is the most bleak of all the psalms.

Why Psalm 88 is Good for the Soul

1. It Reminds Us That _____ Does Not Preclude Us From _____

Heman was faithful to the Lord. Job was upright and blameless (Job 1:1).

Realizing this, we should turn to God and not pull away from him, saying with Heman, "But I, O Lord, cry to you."

2. It Reminds Us to Turn to _____ In Our _____

In Psalm 88, though there's no statement of trust, there is action of trust.

He didn't give up on going to God with his laments when his problems didn't disappear. His trust of God didn't depend on whether God answered his prayers and removed the pain.

3. It Reminds Us That The Bible is _____ For Your Troubles

Heman seemed to have known David's psalms (38:12, 6:6-9, 6:5, 30:9)

4. It Reminds Us of the _____

Job 13:15 - *"Though he slay me, yet will I trust him."*

God did not answer Job's questions of *why* but the question of *who*?

When we see ourselves through God's eyes, our questions are reversed. Instead of marveling at how bad things have gotten for good people, we are instead amazed that God has done anything good for us at all.

- **Proverbs 8:3-5**

Meditation

What has changed about my understanding of God?

What did Scripture teach me about myself?

What needs to change in my life as a result of this sermon?

Do I ever fall into the temptation of expecting life to be easy because of my faithfulness instead of expecting suffering?

What is one way that I can turn to God when I am struggling with despair?