

**FACING THE DARK DAYS
OF OUR LIVES**

PSALM 88

Suffering

PSALM 88 The saddest
prayer of lament in the
Psalter!

Loneliness

Rejection

We hear the psalmist's painful cry in his dark days (vv. 1-2)

- ◇ **Notice the tone of his cry**
- ◇ **Notice who he turns to with his cries**

We see the causes for his dark days

- ◇ He experiences **physical** pain and the reality of death (3-5)

We see the reasons for his dark days

- ◇ He experiences **relational/emotional** pain losing close friends
(8, 18)

We see the causes for his dark days

◇ He experiences **spiritual** pain with God (6-12)

He believes that:

➤ God is responsible for what he is going through (6-9a)

We see the causes for his dark days

◇ He experiences **spiritual** pain with God (6-12)

He believes that:

➤ God has rejected him (13-14)

We see the causes for his dark days

◇ He experiences **spiritual** pain with God (6-12)

He believes that:

➤ God's wrath is on him (16-17)

Charles Haddon Spurgeon—An Example of Suffering

- ◇ **Physical pain**
- ◇ **Relational pain**
- ◇ **Emotional and Spiritual pain**



How can Psalm 88 be a help to us?

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3. **This psalm encourages us to grow deep in our faith with the Lord.**

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2. This psalm encourages us to have a personal relationship with the Lord.
3. This psalm encourages us to grow deep in our faith with the Lord.
4. This psalm encourages us to minister to those who are suffering.

How can Psalm 88 be a help to us?

5. This psalm encourages us by pointing to Jesus!

