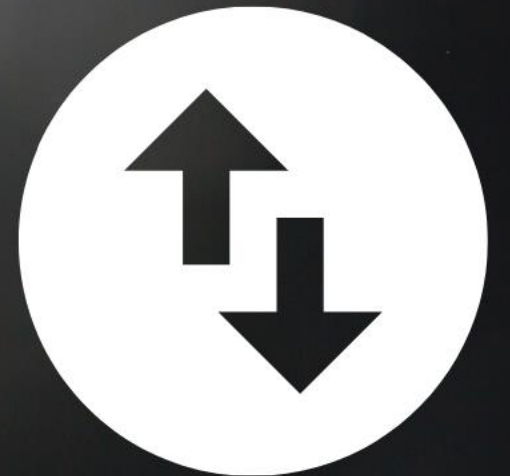




THE UPSIDE- DOWN KINGDOM



Songs for your soul
in these broken days

KINGDOM SONGS





A LAMENT IS
A CRY FOR
HELP BASED ON
CONFIDENCE IN
GOD'S
CHARACTER



A COMPLAINT IS
AN ACCUSATION
AGAINST GOD
THAT MALIGNS
HIS CHARACTER

“

LAMENT IS THE LANGUAGE
OF A PEOPLE WHO BELIEVE
IN GOD'S SOVEREIGNTY BUT
LIVE IN A WORLD WITH
TRAGEDY.

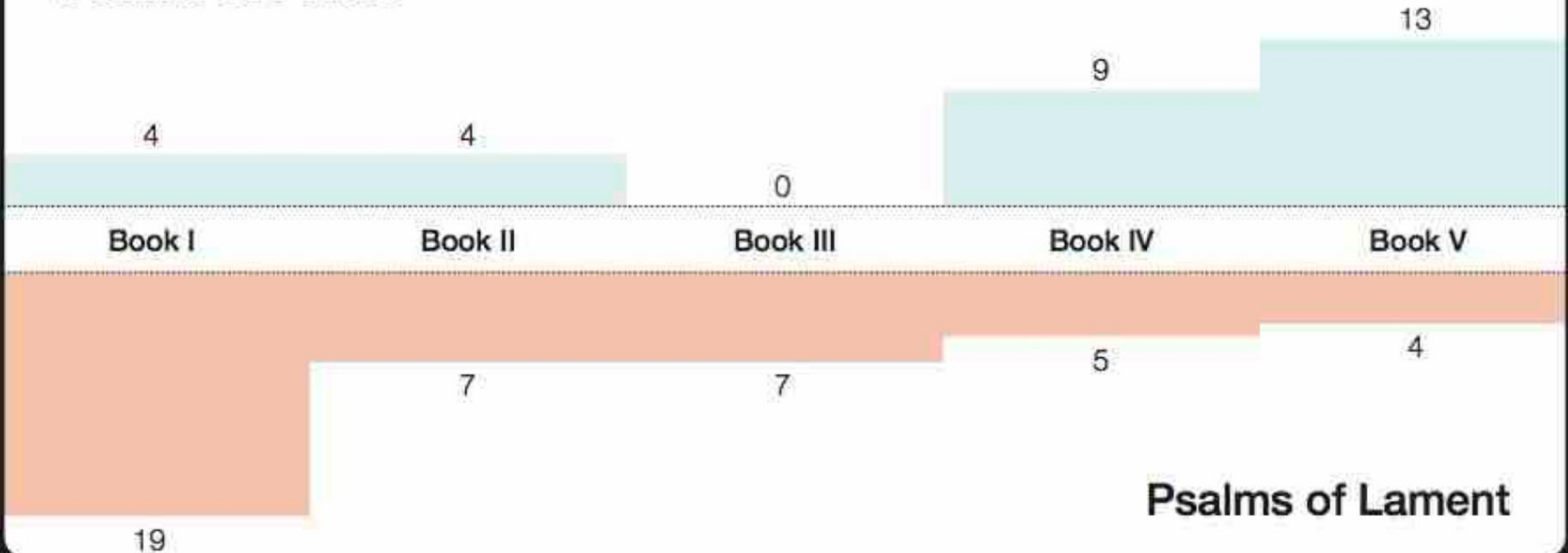
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YOUR
UNDER_SCORE
WHY YOU NEED
LAMENT

Movement from Lament to Praise

Psalms of Praise



Psalms of Lament

Prepared by Jason S. DeRouchie and John C. Crutchfield; adapted from C. Hassell Bullock, *Encountering the Book of Psalms* (Grand Rapids: Baker, 2001), 125, 139.

“

LAMENT IS HOW WE BRING OUR
SORROW TO GOD. WITHOUT
LAMENT WE DON'T KNOW HOW TO
PROCESS OUR PAIN.

”

“

WALKING THROUGH SORROW
WITHOUT UNDERSTANDING AND
EMBRACING THE GOD-GIVEN SONG
OF LAMENT CAN STUNT THE
GRIEVING PROCESS

”

“

TURNING TO PRAYER THROUGH
LAMENT IS ONE OF THE
DEEPEST AND MOST COSTLY
DEMONSTRATIONS OF BELIEF IN
GOD

”



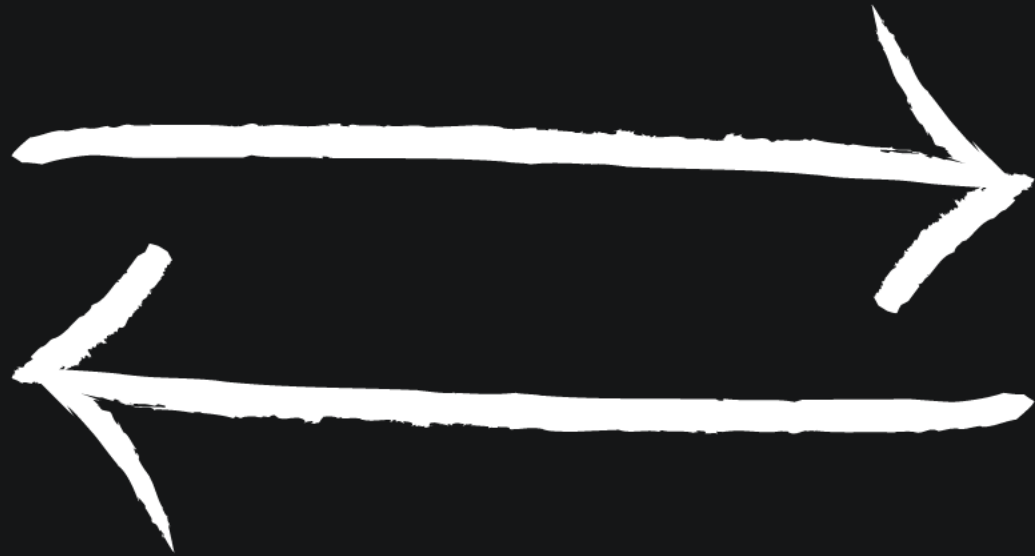
1. NOTE
WHAT YOU
RUN TO IN
TIMES OF
TROUBLE

PSALM 10

1. WHY, O LORD, DO YOU STAND FAR AWAY? WHY DO YOU
HIDE YOURSELF IN TIMES OF TROUBLE?



YOUR FEELINGS ARE GOOD INDICATORS
BUT NOT GOOD GUIDES



A professional studio microphone with a silver mesh grille and a black pop filter is mounted on a boom arm. The background is a black and white checkered pattern. The text '2. NOTE WHO THE WICKED ARE' is written in white, hand-drawn style letters on the right side of the image.

2. NOTE
WHO THE
WICKED ARE

**2 IN ARROGANCE THE WICKED HOTLY
PURSUE THE POOR; LET THEM BE
CAUGHT IN THE SCHEMES THAT THEY
HAVE DEVISED.**



**3 FOR THE WICKED BOASTS OF THE
DESIRES OF HIS SOUL, AND THE ONE
GREEDY FOR GAIN CURSES
AND RENOUNCES THE LORD.**



**4 IN THE PRIDE OF HIS FACE THE WICKED
DOES NOT SEEK HIM; ALL HIS THOUGHTS
ARE, "THERE IS NO GOD."**



**5 HIS WAYS PROSPER AT ALL TIMES;
YOUR JUDGMENTS ARE ON HIGH, OUT
OF HIS SIGHT;**



**6 HE SAYS IN HIS HEART, "I SHALL NOT BE
MOVED; THROUGHOUT ALL GENERATIONS
I SHALL NOT MEET ADVERSITY." 7 HIS
MOUTH IS FILLED WITH CURSING AND DECEIT
AND OPPRESSION; UNDER HIS TONGUE
ARE MISCHIEF AND INIQUITY.**

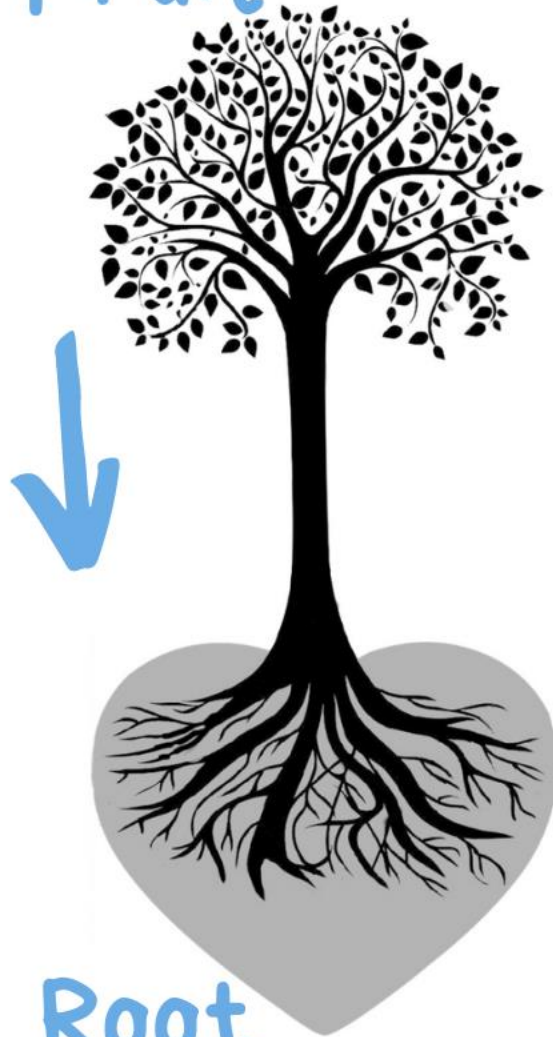


**8 HE SITS IN AMBUSH IN THE VILLAGES;
IN HIDING PLACES HE MURDERS THE
INNOCENT. HIS EYES STEALTHILY WATCH FOR
THE HELPLESS; 9 HE LURKS IN AMBUSH LIKE A
LION IN HIS THICKET; HE LURKS THAT HE MAY
SEIZE THE POOR; HE SEIZES THE POOR WHEN
HE DRAWS HIM INTO HIS NET.**



THE FRUIT TO ROOT DIAGRAM

Fruit



Root

Describe the situation ... what was your response to it?

FRUIT (BEHAVIOR)

ANGER

Interrupting / Defensive
Impatient / Irritable
Critical / Judgmental
Sarcastic / Harsh

FOOLISHNESS

Deceiving / Lying
Joking / Distracting
Insensitive / Immature
Attention-seeking / Emotional

DESPAIR

Hiding / Escaping
Complaining / Grumbling
Lonely / Dependent
Self-conscious / Shy

FEAR

Controlling / Avoiding
Second-guessing
People-pleasing
Enabling / Appeasing

What did you think or feel in this situation?

TRUNK (THOUGHTS)

ANGER

Bitter / Vengeful thoughts
Condemning / Judging
I'm right / Can't be wrong
I'm entitled

FOOLISHNESS

Selfish / Blame-shifting
Obsessive / Fantasizing
I'm a trouble maker
I can't help it

DESPAIR

Defeated / Doubting
Self-pity / Jealousy
I'm a loser / Why go on?
I'm unworthy

FEAR

Perfectionistic / Self-protective
Victim mentality / Shame
I'm damaged goods
I'm unlovable

What did you want?

ROOT (MOTIVES)

ANGER

Control
Authority
Power

FOOLISHNESS

Pleasure
Attention
Greed

DESPAIR

Comfort
Affirmation
Escape

FEAR

Security
Acceptance
Peace

**10 THE HELPLESS ARE CRUSHED, SINK
DOWN, AND FALL BY HIS MIGHT.**



**11 HE SAYS IN HIS HEART, “GOD HAS
FORGOTTEN, HE HAS HIDDEN HIS FACE,
HE WILL NEVER SEE IT.”**





3. NOTICE
WHO STRIKES
THE FINAL
NOTE

**12 ARISE, O LORD; O GOD, LIFT UP YOUR HAND;
FORGET NOT THE AFFLICTED.**



**13 WHY DOES THE WICKED RENOUNCE GOD AND
SAY IN HIS HEART, “YOU WILL NOT CALL TO
ACCOUNT”? 14 BUT YOU DO SEE, FOR YOU NOTE
MISCHIEF AND VEXATION, THAT YOU MAY TAKE
IT INTO YOUR HANDS; TO YOU THE
HELPLESS COMMITS HIMSELF; YOU HAVE
BEEN THE HELPER OF THE FATHERLESS.**



**15 BREAK THE ARM OF THE WICKED AND
EVILDOER; CALL HIS WICKEDNESS TO
ACCOUNT TILL YOU FIND NONE.**



**16 THE LORD IS KING FOREVER AND EVER;
THE NATIONS PERISH FROM HIS LAND.**





5 STEPS TO
TAKE TO
STEP INTO
YOUR FIRST
LAMENT



1. GET ALONE
2. GET IN THE ZONE
3. GET A PSALM
4. GET A LIST
5. GET GOING

**17 O LORD, YOU HEAR THE DESIRE OF THE
AFFLICTED; YOU WILL STRENGTHEN THEIR
HEART; YOU WILL INCLINE YOUR EAR 18 TO DO
JUSTICE TO THE FATHERLESS AND THE
OPPRESSED, SO THAT MAN WHO IS OF THE
EARTH MAY STRIKE TERROR NO MORE.**



COME AND LAMENT



YOU ARE LOVED.