Huguenot Road Baptist Church

Sermon Notes for Website | August 16, 2026
Sermon Title: "Telling the Truth About What We've Lost"
Part 3 of *Faithfulness in Seasons of Loss and Change*
by Rev. Dr. Bob Lee
Text: Psalm 13
Creative Theme: Often, we need permission to grieve. Scripture gives us permission for biblical lament.

==========

A Guide to Writing a Prayer of Lament | Psalm 13

- **Address to God** – "Dear God" (v. 1a)
- **Complaint or Lament** – An expression that things are not as they should be. (vv. 1-2)
- **Request** – A plea for God to do something, rescue me, heal me, restore me, comfort me, show me your mercies, (vv. 3-4)
- **Expression of Trust** – While I wait, I will remember God's steadfast love and past activity. (v. 5)
- **Vow to Praise** – When life is hard, I will remember the good times and begin to hope again. (v. 6)

==========

Monday Prayer

Dear God,
You are with me when problems seem insolvable.
You are with me when relationships are strained.
You are with me when life gets confusing.
You can guide my path when I see dimly.
You are with me even when You seem far away.
Help me to believe in Jesus' presence in my life. Amen.