



Psalm 88 - The Rejected One

Psalm 88 is a unique and deeply sorrowful song in Scripture that confronts the problem of "toxic positivity" in Christian culture. It challenges the idea that believers must always appear joyful, and instead embraces lament as part of authentic faith.

The psalm expresses deep suffering—spiritual, emotional, and physical—but it is still a *song*, meant for public worship. Sunday's sermon emphasised that this psalm reflects Jesus' own suffering, abandonment, and agony, especially on the cross. Singing such psalms helps believers process grief, understand Christ's passion, and develop empathy for others. This lament is not the words of one who's abandoned faith in God; rather, it models persistent, honest prayer in the darkest valleys.

Psalm 88 read as NT believers encourages the church to engage with sorrow in worship, trust God's faithfulness even in silence, and to speak urgently about the salvation found only in Jesus.

Discussion Questions

1. (If you wish, read about Heman in 1 Chron 16 & 25)
2. Why do you think Psalm 88 was included in the Bible?

3. How does this psalm confront modern church culture's emphasis on joy?
4. What do we learn about God's character from the way the psalmist addresses Him?
5. How can lament be an act of faith, not weakness?
6. In what ways does Psalm 88 point forward to Jesus?
7. How does this psalm affect how we support friends going through dark times?
8. What role should songs of sorrow play in worship today?
9. What does this psalm teach us about prayer when God seems silent?