

Grace Bears the Unbearable

Psalm 88: 1-18

Psalm 88 is one of the darkest prayers in Scripture, but it's also full of grace, because the psalmist is still praying. Let's explore what it teaches us about how to face suffering honestly, faithfully, and personally.

I. What's the psalmist facing?

II. Why's he facing it?

III. What does he do about it?

IV. How can you and I do the same?

Questions for Further Discussion & Application

1. The psalmist doesn't treat his suffering as random or meaningless. Instead, he traces it—honestly and painfully—back to God's hand. In doing so:
 - He **thinks theologically** (not atheistically) about his pain.
 - He **engages God personally**—not as a concept, but as someone real.

Which of these two comes more naturally to you?

Which is more difficult?

What might it look like to grow in both?

2. When you suffer, which of the following reactions tends to come first?
 - "This is something I can fix... I just need to try harder."
 - "There's nothing I can do, so I just endure it quietly."
 - "This is part of the brokenness of the world—and God can redeem it. So, I cry out to Him because I know He's, my friend."

Or is your instinct something else?

How does your response compare to what we see in Psalm 88?

3. How much does **Christ saving us from death** shape the way you think about God's role in your life, especially in times of suffering?

What difference would it make if that truth were more central to your thinking?