

There Is Light

Dig-in Deeper

As we finish up the Psalms of lament and transition into the Royal Psalms, let's take a deeper look at what is probably the darkest of the Psalms. Psalm 88 gives voice to deep sorrow, honest prayer, and a faith that keeps speaking to God even when the night feels long.

I. Crying Out to God in Suffering

Read Psalm 88:1–2; Matthew 26:38

“O Lord, God of my salvation, I cry out day and night before you. Let my prayer come before you; incline your ear to my cry!”

A. The psalmist cries out to God “day and night.” In Matthew 26:38, Jesus says He is overwhelmed with sorrow “to the point of death.”

Lament is not weakness; it is bringing your pain honestly before God.

Reflect: How do you handle sorrow and the pain that life brings? Do you cry out to God, hold it in, or complain? What are the pros and cons of each, if any?

- Cry out to God.
- Hold it in.
- Complain

II. Surrounded by Darkness, Rejected, and Abandoned

Read Matthew 27:45; Psalm 88:18; Matthew 26:34

“You have caused my beloved and my friend to shun me; my companions have become darkness.”

A. The psalmist says darkness is his closest friend. He feels abandoned through betrayal, loss, or distance. At the cross, darkness covered the land for three hours, and one of Jesus’ closest friends denied Him three times. Scripture does not hide the pain of feeling alone.

Reflect: Have you ever felt abandoned or alone because you lost a friend or loved one? During a breakup or divorce, how did that sense of abandonment affect you?

Consider: What helped you stay anchored in God when people let you down? What made the darkness feel heavier?



III. There Is Light

Read Psalm 88:12; Matthew 5:14–16

“Are your wonders known in the darkness, or your righteousness in the land of forgetfulness?”

A. When you realize there is light, you can reflect that light. Psalm 88 asks whether God’s wonders are known in darkness, and Jesus answers by calling His disciples the light of the world. His light is reflected in how we live, love, serve, and endure.

Reflect: How can you reflect Jesus’ light to the people you encounter?

Jesus says: *“You are the light of the world... let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”*(Matthew 5:14-16)

Spiritual Discipline: Prayer & Reflection

Read Psalm 88 slowly this week. Bring your sorrow honestly to God, name the places where you feel abandoned, and ask Him to help you reflect the light of Christ even in hard seasons.

Closing Prayer: *Lord, meet me in the darkness, hear my cry, and help me carry Your light to others.*