

# LAMENT THROUGH SCRIPTURE

- *About one-third of the Psalms are laments, such as Psalm 6, 13, 22, 60, 79, and 94.*
- *Trying using one as a guide to give voice to your prayers.*
- *Engage with the text, re-reading and praying the verses. Let the words wash over you. Sit in the discomfort and let God comfort you. Rest in your friendship with God, feel deeply, and be reminded that our faithful God here.*



# WRITE YOUR OWN LAMENT

*Enter into conversation with the God who personifies love.*

## **What are you grieving?**

- *Is there a deep pain or sorrow you need to process in the loving presence of Jesus?*

## **Share your sorrow:**

- *What is your complaint? What frustrations, doubts, and questions do you have for God?*
- *Detail how it is affecting you. There is no need to filter yourself. Be honest about your needs and feelings.*
- *Many laments start with a metaphor.*
  - *sample metaphors: lost in the fog, the dead of night, drowning, wandering the desert, endless winter*

## **Ask for help:**

- *What is your deep desire for God? Is there a solution or resolution that you need?*

## **Affirmation of trust & praise:**

- *Where have you seen God's faithfulness in the past?*
- *What Biblical promises give you hope?*
- *Verbalize your trust in the Lord and praise him for who he is.*
  - *Is there an attribute of God you can thank him for in this moment?*
  - *Is there a small thing/person/event you can thank him for?*

