



God, Hear My Cry!

Lament helps us bring our unfiltered emotions and longings to God. It's a practice that enables us to move towards Jesus with honesty and vulnerability when we feel like pushing Him away.

Many Psalms of lament follow a simple pattern that we can imitate as we put this truth-telling into practice.

- **Rant:** Tell God what is wrong and how you're feeling
- **Request:** Tell God what you want Him to do about it.
- **Remember:** Rehearse what you know to be true of God based on His character and His constancy. Praise Him for who He is and declare your trust in God today even if you can't yet see the outcome.

Use these prompts to write your own lament:

God, hear my cry....

I feel...

I want you to...

Still, I praise you because you are....

And I trust you today because...

Draw near to me as I draw near to you.