

LEARNING TO LAMENT

Lament enables us to move towards Jesus with honesty and vulnerability. Many Psalms of lament follow a simple pattern that we can imitate as we put this form of truth-telling into practice.



Rant: Tell God what is wrong and how you're feeling

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.

Request: Tell God what you want Him to do about it.

WRITE YOUR OWN

Use these prompts to write your own lament. Be honest with God. And know He is listening.



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.