

*Writing Our Own*

# Lament



1. Remember and be reassured that we are writing from a standpoint before God that is brutally honest yet fully trusting.
2. You can use this handout in any way that is helpful to you to express yourself before God however, it is recommended that you try to tap into your creative right brain and explore how to write in the style of a Psalm - like a poem or a song, rather than journaling or writing in paragraphs. You can even draw if that helps you express yourself best! Do what works for you.
3. If it helps, try to think of metaphors, word pictures and similes to describe your pain or situation, these can be great avenues of expression when describing painful things in lament.

*What do you want to lament?*

*Use this space to reflect on what aspect of life you are grieving that you may want to bring before God. As you reflect, what image or metaphor comes to mind that could help describe your situation?*

*Lament metaphors to consider*

Drowning  
Unrelenting rain  
Snow that never melts  
Shattered glass  
Carrying a heavy burden  
Unending night  
An Empty Room  
Crashing Waves  
Endless Fog  
Sinking Sand  
Emptiness  
A Broken Record  
Driving with no destination  
Walking on eggshells

*Psalm 28*

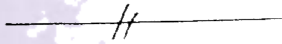
To you, O Lord, I call;  
My rock, be not deaf to me.

*Psalm 13*

How Long O' Lord?

*Psalm 94*

O Lord, God of vengeance,  
O God of vengeance, shine  
forth!



*Psalm 22*

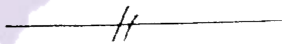
Why are you so far from saving  
me, from the words of my  
groaning?

O my God, I cry by day, but  
you do not answer, and by  
night, but I find no rest.

*Psalm 6*

I am weary with my moaning;  
every night I flood my bed with  
tears; I drench my couch with  
my weeping.

My eye wastes away because  
of grief; it grows weak because  
of all my foes.



*Psalm 22*

Yet it was you who took me  
from the womb; you kept me  
safe on my mother's breast.

On you I was cast from my  
birth, and since my mother  
bore me you have been my  
God.

*Psalm 13*

But I trust in your unending  
love. I will rejoice because you  
have rescued me.

## *1. Cry out to God*

*Cry out to God. How will you address God? How do you believe your relationship with God will initiate change in your life?*

## *2. Complaint*

*What is your complaint? What anger, pain, heartache or sadness do you have that may need to be discussed with God?*

## *3. Affirmation of Trust*

*Have you experienced God being on your side in the past? Is there something you can look back on in which you experienced the presence of divine love in your life?*

#### 4. *Petition/Request*

##### *Psalm 6*

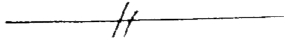
Return, O Lord, and rescue me. Save me because of your unfailing love.

##### *Psalm 13*

Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die.

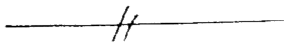
##### *Psalm 102*

Bend down to listen, and answer me quickly when I call to you.



##### *Psalm 35*

Malicious witnesses testify against me. They accuse me of crimes I know nothing about. They repay me evil for good. I am sick with despair. Yet when they were ill, I grieved for them. I denied myself by fasting for them, but my prayers returned unanswered.



##### *Psalm 59*

Stagger them with your power, and bring them to their knees, O Lord our shield.

##### *Psalm 28*

Give them the punishment they so richly deserve! Measure it out in proportion to their wickedness. Pay them back for all their evil deeds! Give them a taste of what they have done to others.

*What is your deepest desire from God? What do you want for your life situation right now?*

#### 5. *Additional Argument*

*Having gotten in touch with your desire, is there anything else you want to say to God about your need and why God should intervene? What past situations do you want to 'remind' God of?*

#### 6. *Rage Against Your Enemies*

*Are there things or people in your life that feel like enemies? How can you bring them to God?*

## 7. Assurance of being heard

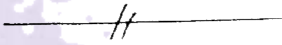
What do you need from God to feel heard? How can you acknowledge that God is listening to your prayer in this moment?

### Psalm 6

Go away, all you who do evil, for the Lord has heard my weeping. The Lord has heard my plea, the Lord will answer my prayer.

### Psalm 28

Praise the Lord! For the Lord has heard my cry for mercy.



## 8. Promise or Vow to offer Praise to God

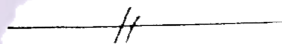
What promise of praise can you offer to God in this moment?

### Psalm 13

I will rejoice because you have rescued me. I will sing to the Lord because the Lord is good to me.

### Psalm 79

Then we your people, the sheep of your pasture, will thank you forever and ever, praising your greatness from generation to generation.



## 9. Assurance

What attribute of God can you thank God for in this moment? What thing/person/event (no matter how small) can you be grateful for?

### Psalm 94

But the Lord is my fortress; my God is the mighty rock where I hide.

### Psalm 3

Victory comes from you, O Lord. May you bless your people.

### Psalm 60

With God's help we will do mighty things, for God will trample down our foes.