

Writing Our Own



Lament

1. Remember and be reassured that we are writing from a standpoint of faith and trust in God.
2. Where possible, try to write in poetic form using verses, and avoid lengthy prose or paragraphs.
3. Write freely and with honesty - we do not have to 'pretend' in the presence of God.
4. As you write aim to connect to and express your emotions and feelings in your lament.
5. Try where possible to use metaphors and similies like the psalmists did.

What do you want to lament?

Use this space to reflect on what aspect of life you are grieving and you may want to bring before God.

Psalm 28

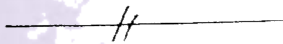
To you, O Lord, I call;
My rock, be not deaf to me.

Psalm 13

How Long O' Lord?

Psalm 94

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



Psalm 22

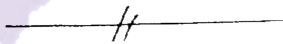
Why are you so far from saving
me, from the words of my
groaning?

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. Address to God

Cry out to God. How will you address Him? 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 experience God being on your side in the past? Is there something you can look back on and say that you experience that presence of divine love in your life?

Psalm 6

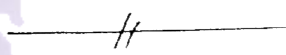
Return, O Lord, and rescue me. Save me because of your unfailing love.

Psalm 13

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

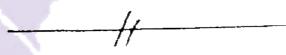
Psalm 102

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.

4. Petition/Request

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. Curse on 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

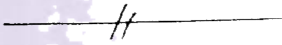
What do you need from God to feel heard? How can you acknowledge that God is listening to your prayer in this moment?

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 he has heard my cry for mercy.

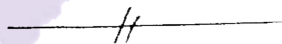


Psalm 13

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



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 he will trample down our foes.

8. Promise or Vow to offer Praise to God

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

9. Assurance

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