

Learning-to-Lament Worksheet

Movements of Lament	Psalm ____	My Lament
<p><i>Turn to God</i></p> <p>Address God as you come to him in prayer. This is sometimes combined with complaint.</p>		
<p><i>Bring Your Complaint</i></p> <p>Identify in blunt language the specific pain or injustice. <i>Why</i> or <i>how</i> is often part of the complaint.</p>		

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<p><i>Ask Boldly</i> Specifically call upon God to act in a manner that fits his character and resolves your complaint.</p>		
<p><i>Choose to Trust</i> Affirm God's worthiness to be trusted, and commit to praising him.</p>		

Learning-to-Lament Worksheet – Sample

Movements of Lament	Psalm 86	My Lament
<p>Turn to God</p> <p>Address God as you come to him in prayer. This is sometimes combined with complaint.</p>	<p>v. 1: “Incline your ear, O Lord, and answer me, / for I am poor and needy.”</p> <p>v. 6: “Give ear, O Lord, to my prayer; / listen to my plea for grace.”</p>	<p>God, I need you to hear me. I’m hurting and in pain. I’m asking for you to listen to my lament. I desperately need your grace today.</p>
<p>Bring Your Complaint</p> <p>Identify in blunt language the specific pain or injustice. <i>Why</i> or <i>how</i> is often part of the complaint.</p>	<p>v. 14: “O God, insolent men have risen up against me; / a band of ruthless men seeks my life, / and they do not set you before them.”</p>	<p>You’ve heard every unfair word, and you know how I’ve been misunderstood. I’m upset. I’m defensive. I want to strike back with more words. I don’t feel like they care. It doesn’t end. I don’t know what to do.</p>
<p>Ask Boldly</p> <p>Specifically call upon God to act in a manner that fits his character and resolves your complaint.</p>	<p>v. 2: “Preserve my life . . . / save your servant.”</p> <p>v. 3: “Be gracious to me, O Lord.”</p> <p>v. 11: “Teach me your way, O Lord . . . / unite my heart to fear your name.”</p> <p>v. 16: “Turn to me and be gracious to me; / give your strength to your servant.”</p> <p>v. 17: “Show me a sign of your favor.”</p>	<p>Teach me every lesson you want me to learn through this. Help me know what to say or not to say. Make my heart love your purposes more than I love my reputation. Help me know that you are listening and that you care for me. I need help, God. My heart is so divided. One minute I think good thoughts. The next, ugly thoughts. Pour out your grace on me, please!</p>
<p>Choose to Trust</p> <p>Affirm God’s worthiness to be trusted, and commit to praising him.</p>	<p>v. 8: “There is none like you among the gods, O Lord.”</p> <p>v. 12: “I give thanks to you, O Lord my God, with my whole heart.”</p> <p>v. 13: “Great is your steadfast love.”</p> <p>v. 15: “But you, O Lord, are a God merciful and gracious, / slow to anger and abounding in steadfast love and faithfulness”</p> <p>v. 17: “You, Lord, have helped me and comforted me.”</p>	<p>None of this is a surprise to you. You’ve heard every word. You know what I’m feeling, and you are greater than anything I face. You can supply what I need and give me the strength if others don’t understand. I can trust you with what people say about me. You’ve helped me through many worse situations. So I’m going to keep my eyes on you. I’m trusting you. I’m still going to worship you. Thank you.</p>