

WALK THE PATHWAY OF LAMENT

Lament has been used by God's people for generations to give language to their hearts in the middle of suffering and loss. Lament be elongated or brief, imaginative or simple. The following pattern gives common elements found in Scripture. It creates a pathway to lament. Lament is meant to be both expressed in honesty and humility. Honesty, because lament permits us to speak openly to God about the troubles we are facing. And humility, because the goal of lament is to lead us to place our trust in God. May this pathway become like a staircase that lifts you from the pit of despair to the sanctuary of the God of all comfort.

Examples of laments in Scripture: Psalms: 3-5, 7, 10, 13, 17, 22, 25-26, 28, 31, 39, 42-43, 54-57, 59, 61, 64, 70-71 77, 86, 120, 141-142.

1

**Help me God, I
feel so...**

(Express your heart)

sad, helpless,
confused, scared,
hopeless, worthless,
angry, _____

2

because...

(Describe what
happened or what is
happening)

3

**I believe that
You...**

(affirm what you
believe)

care about me, love
me, see me, have a
plan, can be trusted,
can work this for
good, are in control,

4

Please Lord...

(ask for what you
need)

rescue, reveal,
restore, _____

help me...
trust you, endure,
wait, feel your
comfort, feel your
presence, _____

5

**I believe that
You...**

(affirm God's
attentiveness)

hear me, love me,
are with me, are
powerful, know
what's best, are
faithful, help You
children, _____

6

I will...

(affirm your
commitment)

honor You, give You
glory, praise You,
sign to You, worship
You, bless Your
name, wait on You,
tell others about
You, _____

**Alternative
Names for God**

Jesus, Father, Holy Spirit,
Provider, God of Peace,
Healer, Comforter,
Almighty, Rock, Refuge,
Savior, Creator, Lord, _____

**Alternative
complaint or
protest**

_____ is not right
or how it should be.

**Alternative
expression of
trust**

But God, _____, I have
faith in Your _____, I trust
in Your _____, I submit my
ways to You _____, I won't
fear because _____

**Alternative
plea for help**

Guide me, protect me,
give me, do not hide
from me, remember,
according to Your Word,

**Alternative
affirmation**

I choose to _____,
You say that _____,

**Alternative
praise**

You are _____,
You are my _____,
I _____ You,