

Write your own Psalm of Lament

Almost one third of the book of Psalms are lament psalms (see back page for some examples). These psalms cry out to God around loss, injustice, abandonment, pain and distress. Sometimes these psalms are from an individual and other times they encapsulate the people of God's shared grief and disappointment. Lament psalms typically follow a general pattern as seen below. The psalms of lament model for us the tension we often find in life where we express both praise to God and disappointment about current circumstances. I invite you to reflect on the last 18 months about the loss, pain, or grief you have carried and attempt to write your own psalm of lament to God. Below you'll find the categories and some guiding questions and thoughts.

- **Address God:** What role or title does God have in this situation? What attribute of God is most prominent? (*i.e. Creator, Lord, Healer, Sustainer, Almighty...*)
- **Complaint:** What is the issue? What have you lost? What is causing you grief, sorrow or pain? What are you angry about that you want to tell God about? Be specific. (*i.e. God didn't care, God didn't act, God was silent, God abandoned...*)
- **Request Help:** What do you want God to do? How do you want God to intervene in your life? (*i.e. Listen and answer me, Deliver, Rescue, Bring peace...*)
- **Motivation:** Why should God do something? What would compel God to act? What is at stake in the relationship? Who is benefiting from your turmoil? (*i.e. The pain is too much, My enemies rejoice, People think you don't care God, or are unable to do something...*)
- **Any words of Comfort or God's response?** This is often silent in lament psalms, but do you hear any response from God? Can you think of how God has responded faithfully in the past? (*i.e. Don't be afraid, I am with you, God you have saved me before...*)
- **Praise/Trust:** Why is God worthy of praise or trust? What has God done before, or where do you hope God will lead you? What gives you a bigger perspective than just the current troubles? (*i.e. God is my Savior, God hears me, God is a rock or shelter...*)

Here is a list of different Lament Psalms:

Individual—3, 5, 6, 7, 13, 17, 22, 25, 26, 27, 28, 35, 39, 41, 42, 43, 51, 54, 55, 56, 57, 59, 61, 63, 64, 69, 71, 86, 88, 102, 109, 130, 140, 141, 143

Communal—44, 60, 74, 79, 80, 83, 85, 90, 124, 126, 137, 144

Write your own Psalm of Lament below: