**Write Your Own Lament Psalm**

**1. Address to God**

* How do you address god? What do you know about his nature or character that could bring help to your situation?

**2. Complaint**

* Explain what pain, crisis, or struggle do you want to discuss with God?
* Do you feel you have been wronged?
* Are you under attack from the enemy?

**3. Ask God**

* What do you want God to do to help your complaint or situation?
* Are there things or people in your life that feel like enemies?
* How can you bring that to God?

**4. Agreement of Trust in God and His Character**

* What do you know is true of his character from the Bible?
* What are some of God’s promises that impact what you’re going through?
* Share an experience of God being on your side in the past.

**5. Give Praise & Blessing**

* What do you believe about God’s character and how does that make you want to praise him, thank him, and worship him?
* What thing/person/event can you *thank* God for?
* What other things/persons/events can you be *grateful* for?
* Share a heart of thankfulness

**6. Tell Somebody**

A lament always kept to yourself can lead to despair or isolation. Who can you share your lament or grief with, so you can be sure to walk in the light and have fellowship with others, even in the midst of your pain?

**Examples of Laments in the Psalms**

**Individual Laments**—Laments to pour out your personal pain before God

Examples: Psalm 3, 4, 5, 6, 7, 9, 10

**Community Laments**—Laments experienced or expressed in a community or a family

Examples: Psalm 60, 79, 80, 83, 85

**Confessional Laments**—Prayers for forgiveness for sins committed

Examples: Psalm 38, 51, 102, 130

**Imprecatory Laments**—Prayers against evil

Examples: Psalm 35, 69, 83, 109