

A Psalm of Lament

"A psalm of lament is pouring out our honest heart to God and reminding ourselves of who He truly is." It consists of three parts: problem, petition, and praise.

Some Psalms of lament you can refer too are Psalm 13, 22, 42, 77, 86, 142

1

Problem: Begin your psalm by pouring out your honest heart to God.

"Jesus, today I am carrying..."

- The loss of a loved one
- The loss of a dream
- Depression
- Anxiety
- Broken relationships
- Exhaustion
- Lack of purpose
- Loss of a job
- Doubt
- A hurting loved one
- Expectations of others
- Financial struggles

"It feels like..."

- You have abandoned me
- You are silent
- You are far from me
- You are ignoring my cries
- Your love has vanished
- Your promises have failed
- My spirit has grown faint
- No one is concerned for me
- I have no refuge
- My soul is disturbed and downcast
- I am oppressed by my enemies
- Others have hidden a snare in my path

2

Petition: What do you desire for God to do?

"Please come and..."

- Fill my heart with joy
- Bring light to my eyes
- Answer me
- Straighten the way before me
- Protect me
- Set me free from my prison
- Show me your love
- Rescue me
- Relieve the troubles of my heart
- Hear me
- Give me a sign of your goodness
- Draw near to me

3

Praise: What aspect of God's character can you stand firmly upon today? (Refer to slide)

"Remind me that you are..."

