

Guide for Lament

Lament is the process of prayerfully bringing your pain before God. This is not necessarily a linear, step-by-step process, and some components may come out together or repeat throughout the prayer. If you turn to Psalm 13 and follow along with the referenced verses, you will see each part of the lament process.

		Example from Psalm 13
L	Look to God. Humbly approach the throne, reverently acknowledging the Good Shepherd (Heb. 4:16).	vs: 1
A	Acknowledge the impact of your pain. God is not offended by your emotions - you do not need to hide from Him (Heb. 4:13).	vs: 2
M	Make known your complaint. Clearly identify what is concerning or hurting you. The Lord wants to hear from you (1 Pet. 5:7).	vs: 1- 2, 4
E	Entreat the Lord. With humility and earnestness, boldly ask the Creator for favor, guidance, or intervention (1 Jn. 5:14-15).	vs: 3
N	Notice the character of God. Opening your eyes to the fullness of who God is will help put your grievances into perspective (Lam. 3:22-23).	vs: 5
T	Thank the Lord for all He has done. God is always worthy of praise. The Bible says to bring our petitions to God with thanksgiving (1 Thess. 5:18).	vs: 6