

# WRITING LAMENT PSALMS

Speaking into life's disorienting moments, laments name pain and suffering. Laments are prayers that connect our lived experience to God.

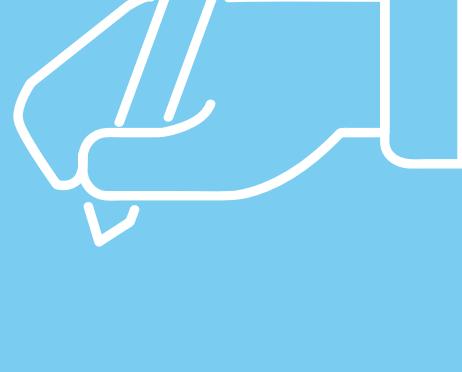
Laments are personal and contextual, as well as communal and universal.

## PHRASE 1

Write a statement about God

## PHRASE 2

Write a statement about your life

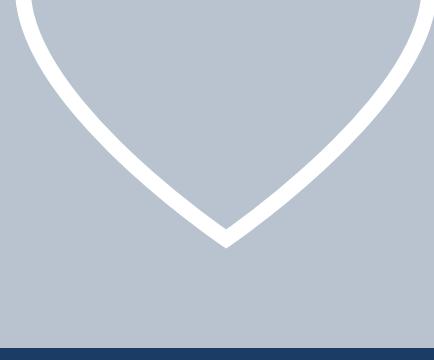


## PHRASE 3

Write a statement about how you feel

## PHRASE 4

Write a statement of praise.



## PHRASE 5

Rewrite phrase 2

## PHRASE 6

Write a statement about what you need

## PHRASE 7

Rewrite phrase 4

## PHRASE 8

Write a statement about what you long for

## PHRASE 9

Rewrite phrase 4

## PHRASE 10

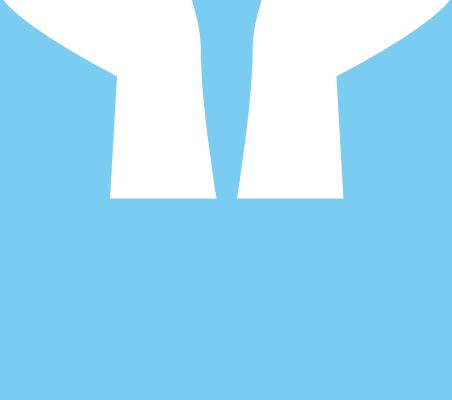
Write something new about God

## PHRASE 11

Rewrite phrase 5

## PHRASE 12

End with a statement about God



## READ LAMENT PSALMS:

13, 22, 25, 26, 27:7-14, 42, 43, 71, 86, 113.