

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

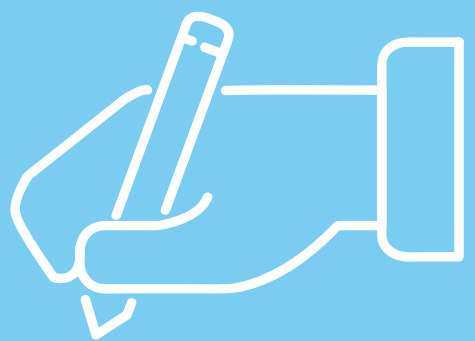
Write a statement about your life

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.