

# *A Written Lament*

USE THIS SPACE TO EXPLORE

THE PSALMIC LAMENT

We've completed a sample lament for you on the facing page. To fill in the blanks, you can draw from the structure we have already explored in Psalm 71. And as you progress through this book, use the daily readings to inform and expand your daily lament.

Feel free to explore your lament, and allow this structure to give you freedom to offer up your griefs to God. This is a sacred space between God and you; use it to learn to trust Him and pray to Him in new ways.

INVOCATION	<u>LORD, I SEEK peace, comfort, and sleep. I am afraid and worried every day</u> (what is your cry for help?)
	<u>RESCUE &amp; DELIVER ME, FOR YOU ARE my rock and my fortress; my safe place</u> (what do you know about the character of God?)
	<u>FOR YOU give hope to the hopeless, and You are a rock of refuge</u> (what goodness has God done in the past?)
COMPLAINT	<u>DELIVER ME FROM my expectation of how my life should have turned out</u> (what is the external problem?)
	<u>FORGIVE ME FOR depending on my own strength</u> (confess your sin; explain the internal problem)
AFFIRMATION OF TRUST	<u>NEVERTHELESS, You are my strength</u> (how can you trust in God?)
	<u>YOU ARE MY strong tower of refuge</u> (what has God promised to be?)
PETITION	<u>SAVE ME FROM fear and lack of trust</u> (from what?)
	<u>DELIVER ME FROM my own pride and selfishness</u> (what else?)
	<u>FOR YOU delight in saving Your people</u> (how have you seen God intervene in scripture?)
STATEMENT OF CONFIDENCE	<u>BUT I WILL hope continually with the expectation of rescue</u> (how can you hope, knowing that God will hear you?)
VOW OF PRAISE	<u>I WILL PROCLAIM how You give me freedom and safety from my fears</u> (what will you proclaim about God?)
	<u>I WILL SING PRAISE because You have not abandoned me and You have promised to comfort me</u> (why will you praise God?)

# *Psalmic Lament*

WRITE YOUR OWN BIBLICAL LAMENT

Now that you have had two weeks of practice, you can write your own laments using the structure of a biblical lament. Apply these principles when your heart is heavy and grieved. A lament is not a quick fix, but God is faithful, and the biblical lament gently but persistently reminds us to trust Him.



YOU ARE WELCOME TO MAKE COPIES OF THIS LAMENT TEMPLATE FOR YOUR PERSONAL USE.

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INVOCATION

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COMPLAINT

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AFFIRMATION OF TRUST

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PETITION

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STATEMENT OF CONFIDENCE

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VOW OF PRAISE

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