

LAMENT Word Bank

(Taken from *Teaching Young People How to Lament*)

1. ADDRESS Word Bank: Jesus, God, Father, Holy Spirit, Provider, God of Peace, The Way, The Truth, The Life, Healer, Comforter, Almighty, Rock, Refuge, Savior, Creator, Lord.

Dear, _____

2. COMPLAINT Word Bank: Fighting with friends, Fighting with parents, Divorce, Sickness, Injury, Cancer, Death, Bullying, Depression, Poverty, Homelessness, Natural Disaster, Racism, Inequality.

_____ is not right or how it should be.

3. TRUST Word Bank: I have faith in you because the Holy Spirit is with me. You will be with me wherever I go. I trust in your will. I submit my ways to you. I will not be afraid because I trust in you.

But God, _____

4. PLEA FOR HELP Word Bank: Rescue me through...Guide me through...Protect me through...Help me understand...Give me strength to...Do not be far from me. Help me to be courageous. Do not hide from me. Please remember me.

Please Lord, _____

5. PRAISE Word Bank: You are strong and mighty. You're a good Father. You are the Creator of the universe. I love you. I praise you. I proclaim how great you are. I worship you. You are my Savior.

_____ Amen

<https://fulleryouthinstitute.org/blog/teaching-young-people-about-lament-practical-ideas-from-8-innovative-ministries>