

## Prompts for Prayer of Lament

Each of these optional prompts are ideas to help you get your thoughts going.

### 1. Invocation -

- LORD, I SEEK (What do you need?)
- RESCUE AND DELIVER ME FOR YOU ARE (God's character)
- FOR YOU ARE (What has God done in your past?)

### 2. Complaint

- DELIVER ME (What is your problem?)
- FORGIVE ME (Confess your sin.)
- HELP ME FORGIVE OTHERS

### 3. Affirmation of Trust

- NEVERTHELESS (How can I trust in God?)
- YOU ARE MY (What does He promise to be?)

### 4. Petition

- SAVE ME FROM (What)
- DELIVER ME FROM (What else)
- FOR YOU (How has God intervened in scripture?)

### 5. Statement of confidence

- BUT I WILL (How can you hope, knowing God hears you?)

### 6. Vow of Praise

- I WILL PROCLAIM (What will you declare about God?)
- I WILL SING (Why will you praise God?)

## Template for writing your Prayer of Lament

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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*Lament: Week 16 (Feb 6-12).* (July 3, 2024). Grace Community Church.

<https://www.gracecc.net/community-guides/lament-week-16-feb-6-12>