

Questions to Ponder As You Write Your Laments

1. Where does there seem to be a disconnect between God's promises and the life you lead?
2. Where does there seem to be a disconnect between God's promises and the state of the world?
3. Where do you witness oppression and injustice in the world?
4. How are you personally experiencing loss, hurt, anger, disillusionment, disappointment, failure, sickness, death, broken relationships, and broken dreams?
5. What emotions arise in you as you ponder the questions above? Having difficulty identifying your emotions? Then check out this [list of emotions](#).
6. What desires arise in you as you ponder the questions above?
7. How do you experience God in this moment? Anger? Trust? Disappointment? Hope?
8. How would you like God to help you in this moment?
9. As hard as it may be to ponder this in this moment: How have you seen God be trustworthy towards you in the past? Does that give you any hope for the situation you are lamenting at the moment?
10. As hard as it may be to ponder this in this moment: Name all the ways that God is worthy to be praised.