

## A Template for Writing Laments

*Begin by simply writing down whatever comes to mind—you can always edit later!*

*The key is to take the honest thoughts and feelings you have and put them in words.*

**Address**—Naming who we're speaking to...

*Try generating lists of names that can be used for God, and adjectives that describe God.*

**Names for God** (example: Lord):

**Adjectives that describe God** (example: Loving):

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*You can certainly generate more names and adjectives than there are lines!*

*Try a few combinations together, and put a star next to some favorites. Think of the address as setting the tone for what's to follow. How we name and describe God in any circumstance can say something about how we're feeling about ourselves, about God and about the relationship we have with God.*

**Complaint**—Naming what we're struggling with and letting God know about it...

*Don't hold back! You can use words, phrases, sentences or paragraphs—draw a picture if you'd like!*

*Fill the space in this box with HONEST descriptions of the hard stuff of life...*

**Petition**—make your request(s) known to God

*Be bold! Asking God to respond to us is a part of many of our prayers—  
in this case, be specific about how you long for God to react to your complaint(s).*

**Praise**—expressing trust and hope in God’s goodness

*You may or may not be ready to work this part into your Lament.  
While questions may remain unanswered, this segment expresses our trust beyond our struggles.  
Try generating a few phrases that express your faith and trust in God...  
then see how they fit with or respond to your struggles and complaints.*

*Now that you have some raw materials—you can decide if you’d like to begin crafting a prayer, poem or paragraph that will help you assemble these elements into a Lament of your own!  
Ready to share? Email your lament to Pastor Brian at [bderrer@christthesavior.org](mailto:bderrer@christthesavior.org)*

## Acrostic Lament Template

*Try writing an acrostic (alphabet) style lament—where each line or stanza begins with the next letter of the alphabet. Whether you write a phrase or a full sentence or stanza for each letter is up to you. Just start writing—you may want to use a pencil, so that you can always come back and erase/edit as you go!*

*You can try writing phrases or sentences for one letter per day in Lent—  
or you can work on a few at a time*

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

*X (good luck!) Give yourself some grace, maybe start with EX...*

Y

Z

*Once you have something written down for each letter, you can spend some time editing your lines. Here are a few ideas that might inspire you to go deeper...*

*Can you make a few lines rhyme?*

*Can you develop a consistent rhythm of syllables or “beats” per line?*

*What have you expressed...and what is not expressed in the lines you wrote?*

*Does it read like a prayer? Why or why not?*

*Ready to share? Feel free to email your Lament(s) to Pastor Brian at [bderrer@christthesavior.org](mailto:bderrer@christthesavior.org)*

