

## WRITING A LAMENT

Laments are **prayers that express our pain**, alienation, loss, doubt, rage and despair. Trying to contain loss, or pretend it's not bothering us, can make us angry, anxious, depressed, and hopeless. Honest, uncensored lament to God can help us to heal.

### CHARACTERISTICS OF LAMENT

- Lament to God
- Use feeling-centered language. You don't need to sugar coat it.
- Don't censor yourself. Don't make a negative inner vow ("I will never get close to anyone again.")
- End with a declaration of truth and trust in the Lord, in the midst of your pain.

### IF YOU WANT TO WRITE A LAMENT

#### Key Question: What should I lament?

- **Ask the Holy Spirit...**

What hurts most right now? Where should I start?

Wait to see what rises up within you.

#### **Pour your heart out to the Lord. You might consider addressing these (4) issues**

1. Describe to the Lord the **details of what happened to you**.
2. Tell the **Lord how you felt** while this was happening to you.
3. Tell the Lord **what you believed** as a result of this happening (about yourself, others).
4. Tell the Lord **how you reacted** as a result of this happening.

#### **Guidelines for grieving**

- Be responsible; keep healthy boundaries; do not harm yourself, others or property.

**Lament Psalms:** 3, 5, 6,7, 10, 13, 14, 16, 17, 22, 25, 26, 27:7-14, 28, 31, 35, 36, 38, 39, 40:12-17, 41, 42-43, 51, 52, 53, 54, 55, 56, 57, 58, 59, 61, 63, 64, 69, 71, 77, 86, 88, 90, 94, 102, 109, 120, 123, 126, 129, 130, 140, 141, 142, and 143.

### INVITATION TO SHARE

In difficult seasons, sharing our prayers of lament is another way of praying together, and can help us to feel less alone, and to understand others' experiences. If you would be **willing to share your lament**, please post it on the **#prayer-lament-room** chat on Radiant's Discord site.