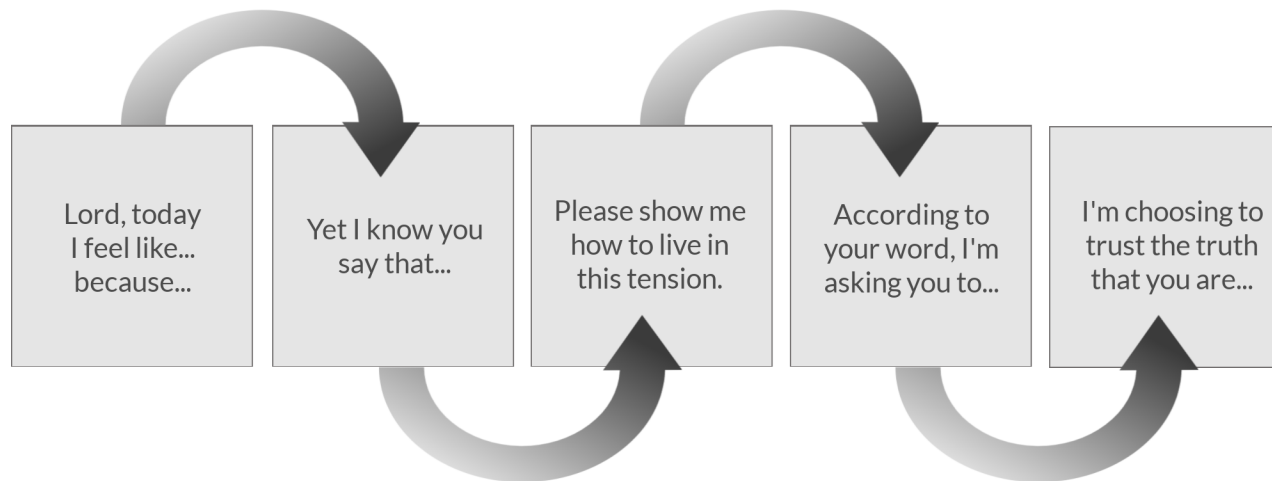


Building Personalized Prayers of Lament

Biblical lament is a faithful way of engaging God in the midst of overwhelming emotion. God gives us this language so that we can approach his throne of grace with both honesty and humility. *Honesty*, because lament gives us permission to speak openly to God about the troubles we are facing. And *humility*, because the goal of lament is to lead us to place our trust in the God who is “righteous in all his ways and kind in all his works” (Ps. 145:17). Lament also helps us present our complaints to God without getting stuck in complaint and hopelessness.

Explore the language of biblical lament by observing it on the Scriptures. Psalms of Lament include (but aren't limited to): 3, 4, 5, 7, 10, 13, 17, 22, 25, 26, 28, 31, 39, 42, 43, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 120, 141, and 142. You can draw from the language found in these chapters to practice building a lament of your own. Using the flow chart below as a guide, try building your own prayer of lament.



Lord, today I feel like...