

4

Movements of Biblical Lament

Engage God

"How long, O LORD?"
Psalm 13:1

1

Voice Complaint

"How long must I
wrestle in my soul,
with sorrow in my
heart each day?"
Psalm 13:2

2

Ask for Help

"Consider me and
respond, O LORD
my God. Give light
to my eyes, lest I
sleep in death."
Psalm 13:3

3

Choose to Trust

"But I have trusted
in Your loving
devotion; my
heart will rejoice
in Your salvation."
Psalm 13:5

4

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