

# 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