

### **Biblical Basis for Lament.**

- In the Psalms, King David poured out his emotions to God, he did not censor his feeling.
- David was entirely transparent or real with regards to his circumstances.
- Through his lament, David “handed over” or relinquished his grief and loss to God.
- David wholeheartedly trusted God by leaving his situation and feelings in God’s hands.
- So, what can we do?

### **First, Cry out to God.** ↑

- Like David, we can name our opposition, opponents, or powers that opposed us.
- We can be transparent with our feelings before God by letting God know how we feel about our situation.
- Let God know the depth of our loss and how it is affecting us using our voice and body language.
- Cry out ask God what you want Him to do.



### **Second, Name Your Opposition.** ← →

- Tell God the details - the who, what, when, where, and how of what you are experiencing.
- The Holy Spirit may actually reveal an inner struggle.

### **Second, Cling to God.** → ←

- Remember God’s faithfulness – he will respond.
- Recall past biblical events or times in your life when God has responded to your requests.

### **Third, Wait for God to Respond.** ↓

- God acts when we come to Him by faith (Psalm 4:4-6; 13:5; 22:4; 28:7; 37:5).
- Wait patiently for the Lord’s response (Psalm 37:7; 40:1; Hebrews 6:15).
- Sometimes we need solitude and silence to hear the Lord’s response.

### **Fourth, When God Reveals an Inner Struggle.**

- Spend time in solitude and silence using a prayer of examen, (Psalm 139).
- If necessary, confess, repent, renounce, then ask forgiveness for any sin (1 John 1:5-10).
- Return to a time of lament until you sense a consolation from God, i.e., comfort or peace.

### Fifth, Thank God for His Faithfulness. ↑

- In prayer, thank God for what he has done for you and who He is.
- Take time during your day to thank God for what he provides.
- Practice the presence of God and use “breath prayers.”
- Recite a Psalm or other scripture verse to yourself.
- Remember, God shapes us as we persevere in trusting Him.



### Additional Suggestions.

- Find a suitable lament Psalm, then pray the parts of the Psalm that apply to your situation or stand out.
- Pray an examen prior to your time of lament.
- Guarding your time, getting enough sleep, and eating a balanced diet will also help!
- Share your grief with a trusted friend or mentor.

### Listing of Lament Psalms

#### Community.

Psalm 12, 44, 58, 60, 74, 79, 80, 83, 85, 89\*, 90, 94, 123, 126, 129.

#### Individual.

Psalm 3, 4, 5, 7, 9-10, 14, 17, 22, 25, 26, 27\*, 28, 31, 36\*, 39, 40:12-17, 41, 42-42, 52\*, 53, 54, 55, 56, 57,

59, 61, 64, 70, 71, 77, 86, 89\*, 120, 139, 141, 142.

#### Penitential

Psalm 6, 38, 51, 102, 130, 143.

*Note: These types of Psalms prompt a call to repentance and express remorse for one's sins.*

#### Imprecatory

Psalm 35, 69, 83, 88, 109, 137, 140.

*Note: These types of Psalms are those that invoke judgment, calamity, or curses upon one's enemies or those perceived as being God's enemies.*