

Writing a Lament

ADDRESS GOD

Direct your lament to God, drawing Him into conversation about your longings and losses in prayer.

COMPLAINT

- “You” complaint - How do you feel God has failed you?
- “They” complaint - How do you feel others have failed you?
- “I” complaint - How do you feel you have failed?

CONFESSION

Confess your need for God's grace and forgiveness in your life.

ASK GOD FOR HELP _____

Name what you want God to do for you. Ask God for something as specifically and concretely as possible.

AFFIRM TRUST IN GOD _____

Affirm your trust in God and His leadership over your life. Imagine what God's faithfulness might look like over this next year.

PROMISE TO PRAISE GOD _____

What praise will you offer after God has shown up?