



Writing a Lament

*a framework for
lamenting longings and losses*

1. Address God

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

2. Complaint

How do you feel God has failed you? How do you feel others have failed you? How do you feel you have failed?

3. Confession

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

4. Ask God For Help

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

5. 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.

6. Promise To Praise God

What praise will you offer after God has shown up?
