

3 Steps to Writing Your Own Lament



Consider this small resource your permission to name your sorrows and bring them to God.

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Psalm 13

Spend some time reading this psalm. Notice the way in which David brings specific hurts to God, asks God for what he wants, declares trust in God's unfailing love, and praises.



1 I'm hurting, Lord—will you forget me forever?
How much longer, Lord?

Will you look the other way when I'm in need?

2 How much longer must I cling to this constant grief?
I've endured this shaking of my soul.

So how much longer will my enemy have the upper hand?
Intercession

3 Take a good look at me, Yahweh, my God, and answer me!
Breathe your life into my spirit.

Bring light to my eyes in this pitch-black darkness
or I will sleep the sleep of death.

4 Don't let my enemy proclaim, "I've prevailed over him."
For all my adversaries will celebrate when I fall.

5 I have always trusted in your kindness, so answer me.
I will spin in a circle of joy
when your salvation lifts me up.

6 I will sing my song of joy to you, Yahweh,
for in all of this you have strengthened my soul.
My enemies say that I have no Savior,
but I know that I have one in you!

3 STEPS IN LAMENT PROCESS

While several psalms in the Bible show us deep sadness and pain, there is something special about Psalm 13 because it shows us some doable steps. They may not be easy, but they are achievable!

1 Bring It (1-2)

Whatever it is you're feeling, you can bring it to God. If you're feeling forgotten, tell God. If you're filled with sadness, tell God. If you're angry, tell God. Get specific!

Like David, take some time to be specific with what you'd like to see God do. Ask him to refresh sadness and hurt. Ask him to answer.

2 Ask It (3-4)

3 State It (5-6)

Offer a statement of trust to God, a word of confidence in his unfailing love for you. Maybe you want to dance! Re-joy yourself in God, singing praises to his name. You may find it helpful to write out your statements of trust and praise.

I hope this resource serves you well and brings a sense of Shalom into your life.

You are loved and seen by God!

Please consider sharing this resource with a friend or someone you know who is struggling.

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