

Learning to Lament Worksheet

From *Dark Clouds, Deep Mercy* by Mark Vroegop

Examples of personal lament Psalms:

3,4,5,7,**10,13**,17,**22,25,26,28,31,39,42,43,54,55,56,57,59,61,64,70,71,77**,
86,120,141,**142,143**

Movements of Lament	Psalm (13)	My Lament
Turn to God— Address God as you come to Him in prayer	<i>“How long, O Lord?”</i>	<i>“This is lasting forever, Lord!”</i>
Bring Your Complaint— Identify in blunt language the specific pain or injustice. Why or How is often part of the complaint	<i>“Will You forget me forever?” “How long will I store up anxious concerns in me?” “How long will my enemy dominate me?”</i>	<i>“Do you care about me?” “Am I going to be anxiety and mental agony every day?” “Will there ever be justice for this situation?”</i>
Ask Boldly— Specifically call upon God to act in a manner that fits His character and resolves your complaint.	<i>“Consider me and answer!” “Restore brightness to my eyes” “My enemy will say, ‘I have triumphed over him.’”</i>	<i>“Answer me, Lord!” “Give me some joy, or I’d rather die” “Fight for me against this injustice!!”</i>
Choose to Trust— Affirm God’s worthiness to be trusted, and commit to praising Him. even	<i>“But I have trusted in Your faithful love.” “My heart will rejoice in Your deliverance” “I will sing to the Lord, because He has treated me generously.”</i>	<i>“I’m choosing to trust in You and Your love.” “I know You will deliver me, and I praise You for it.” “I will praise Your name, when it’s hard, because You have been good to me.”</i>