

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 (77)	My Lament
Turn to God— Address God as you come to Him in prayer	<i>"I cry aloud to God"</i> <i>"He will hear me"</i>	<i>"I'm crying out to You, Lord"</i> <i>"I believe You will hear me"</i>

Bring Your Complaint— *"I refuse to be comforted"* *"This grief is overwhelming"*
Identify in blunt language the specific pain or injustice. *"I think of God; I groan"* *"I don't understand Your ways"*
"You have kept my eyes open" *"I can't even sleep, Lord"*
Why or *How* is often part of the complaint *"I consider days of old"* *"I want to go back to the past"*

Ask Boldly— *"Will You reject us forever?"* *"Will it always be this hard?"*
Specifically call upon God to act in a manner that fits His character and resolves your complaint. *"Has Your love ceased?"* *"Do You really love me?"*
"Is His promise at an end?"
"Has God forgotten to be gracious and withheld His compassion?" *"Please show me some grace and compassion!!"*
"I am grieved that the right hand of the Most High has changed" *"It hurts that You have done something that seems inconsistent with Your character"*

Choose to Trust— *"I will remember the Lord's works"* *"I choose to remember Your past faithfulness"*
Affirm God's worthiness to be trusted, and commit to praising Him. *"Your way is holy"* *"I know You are perfect in all Your ways"*
"You are the God who works wonders." *"You make beauty from ashes"*
"You redeemed Your people" *"Thank You for redeeming my life"*
"Your way went through the sea" *"You will make a way for me to walk through this deep sea of my grief"*