

## LAMENT

What do you need to lament? Something personal happening with you and/or your family? Something bigger, national, global, in the Church? What is broken or wrong? Name it.

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Address God. Who are you talking to here? Use a word or two to describe his nature or his character. And who are you? Use a word or a phrase to describe yourself in relation to God.

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Complain. Accuse. Argue. Lament. What anger, grief, or heartache are you carrying? How do you really feel? Express it in open, honest words to the Lord.

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Petition God. What is your deepest desire in this situation? What do you long for God to do?

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Is there anything else you need to say to God? Be honest. Hold nothing back. He's big enough to handle whatever you're bringing to him.

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Acknowledge and affirm that God hears you. You know he's listening and that he cares.

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What praise, if any, can you express to God in the middle of this awful thing? What gratitude can you articulate? Tell God you trust him. Express your faith in his good will for you and the world.

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