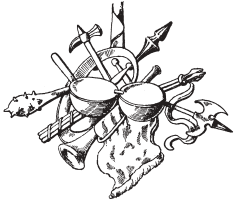


One way to engage grief is by writing a lament. *

➔ Prepare



Find a place where you can be alone and vulnerable. Take a moment to stop. Breathe deeply a few times. Allow yourself to relax. Quietly ask God to make you aware of his loving and safe presence.

➔ Acknowledge



Let yourself become aware of the wrong and broken events that have set you, your ministry, your family, and this world into difficult places.

Allow the emotions and thoughts to come unfiltered into the safe presence of God. Allow yourself to lean into the discomfort and pain that come up.

➔ Write



Try writing a simple psalm of lament using the following pattern to express your grief over what you're going through. Don't worry; it doesn't have to have all the elements, or rhyme, or even sound eloquent.

While not every lament psalm follows exactly the same pattern, many of them contain some or all of these elements in approximately this order:

1. An address to God
2. An honest cry to God over a painful situation
3. A reminder of what God has done in the past and proclamation of one's trust in God's character (faithful, loving, powerful, etc.)
4. A specific plea for God to intervene
5. A commitment to trust, praise, and worship God

➔ Reflect and Share



Prayerfully read through your lament. Let it speak to you. What was this process like for you? How did it feel to give voice to your pain? Consider sharing your lament with someone you trust.

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THE REALITY THAT
WE TRUST GOD IS
MAKING.**

**If it works better for you to express how you are feeling through some other medium (painting, music, woodworking, etc.) please feel free to express your lament in that way.*