

LAMENT

To lament is to express grief or sorrow in seasons or moments that are really hard. It is not just a space to complain to God, but rather release our pain, grief, sorrow, or expectations and then turn our eyes towards the hope that God gives us. Psalm 13 is a beautiful example of a prayer of lament. To teach our children to lament is to teach them to not wallow in their emotions, but have trust and hope in who God is. A prayer of Lament includes these 4 things:

Address

Who are you talking to?

In a prayer of Lament you will take time to talk really honestly to God. Talking to him like you would a family member.

Complaint

This is a time to tell God everything that you feel - whether that is anger, sadness, frustration, confusion, or a mixture of all these emotions

Petition

This is a space in your prayer to tell God what you hope that he will do. What do you want God to do with your feelings or with the situation that you are experiencing?

Praise

This is a time to tell God that you trust him, even when you don't understand what is happening around you. This trust often turns our sorrows to hope!