

LOSSES & LAMENT

Lamentation, a prayer for help coming out of pain, is common in the Bible. When we hurt physically, we cry out in pain; when we hurt spiritually, we cry out in lament.

Examples of Psalms of Lament: Psalm 25, 44, 60, 74, 79, 80, 85, 90

They follow this general structure:

- **Address:** Identify the Lord as the person to whom the lament is addressed.
- **Complaint or Lament:** Articulate the problem, complaint, struggle, or wrongdoing and ask the Lord for help.
- **Confession of Trust:** Verbalize your trust in the Lord.
- **Prayer:** Request deliverance or God's intervention in the problem
- **Praise:** Offer praise and thanksgiving to God for God's many blessings.

(Adapted in part from <https://annarborvineyard.org/participate/spiritual-formation/writing-a-psalm-of-lament>)

GAINS & GRATITUDE

So just like we wrote a psalm of lament, practice writing a hymn of gratitude.

Here are some examples: Psalm 34, 100, 111

When writing your hymn, you could try this general structure:

- Recognize God's goodness
- Express present gratitude
- Focus on praise
- List your blessings
- Affirm God's goodness