

Hope for Mental Health

Wellness Tool The Christian Practice of Lament

Practice of Lament

Lament is the practice of naming and navigating personal pain, longing and loss. It is bringing praise, protest, trust & grief before God.

Create a Lament

Use *Psalm 13 (NLT)* as an example

1. INVOCATION: Address God and lament (Share your protest and/or grief)

Psalm 13:1-2

*O Lord, how long will you forget me? Forever?
How long will you look the other way?
How long must I struggle with anguish in my soul,
with sorrow in my heart every day?
How long will my enemy have the upper hand?*

2. PETITION: Make your request (Ask God for help)

Psalm 13:3-4

*Turn and answer me, O Lord my God!
Restore the sparkle to my eyes, or I will die.
Don't let my enemies gloat, saying, "We have defeated him!"
Don't let them rejoice at my downfall.*

3. PRAISE: Offer praise to God (Declare the saving deeds of the Lord)

Psalm 13:5-6

*But I trust in your unfailing love.
I will rejoice because you have rescued me.
I will sing to the Lord
because he is good to me.*

Continued on back

