

# How to Craft Your Own Lament

Use this download to help you craft your own lament and see how the hope you thought was dead forever becomes resurrected. You can write down your lament, pray it alone or aloud, even sing it or draw it:

- **Begin with a simple confession.** In what ways have you turned away from God or turned to lesser things to keep from acknowledging the pain? How have you masked your hurt instead of facing it?
- **Share your honest feelings, complaints, and questions.** As you think about your suffering, and the suffering in our world, what do you feel? What frustrations, questions, and doubts have you been wrestling with? In what ways have you felt God is absent in all that is going on? Be raw and real—God welcomes your honesty with love.
- **Remember the ways in which God has been faithful over the course of your life.** Mark them. Declare them. How have you seen past hurt redeemed? Where have you seen God's faithfulness?
- **Ask God to move in the pain.** Where would you like to see God move? In what ways do you want the Spirit to make himself known in the situations you are lamenting?
- **Choose to trust and worship.** In the middle of difficult circumstances and the state of this world, how can you learn to trust God even more? What facets of his character do you need to remind your soul of? In what ways do you need to learn to worship God for God's self, and not only the benefits and blessings he offers?