

My Lament To God

Write Your Own Lament With God. A simple guide to expressing your honest heart to God.

Purpose:

Lament is an ancient practice found in many spiritual traditions, but it is especially visible in the Bible's Old Testament. It's a way of bringing your pain, confusion, and longing directly to God—honestly and without filters. You don't have to share the same beliefs to use this guide. The pattern below is simply one way many have found helpful when navigating grief and struggle.

The 4 Stages of Lament (with Old Testament examples)

Stage 1- Turn Toward God

Choose to speak to God, even if you feel unsure or hurt. Example: "Hear my prayer, Lord; let my cry for help come to you." (Psalm 102:1)

Stage 2- Pour Out Your Complaint

Tell God what feels wrong, unjust, painful, or confusing. Example: "Why, Lord, do you reject me and hide your face from me?" (Psalm 88:14)

Stage 3- Ask for Help

Ask God to act—whether for comfort, rescue, clarity, or presence. Example: "Look on me and answer, Lord my God. Give light to my eyes..." (Psalm 13:3)

Stage 4- Express Trust or Hope

End by naming even a small thread of trust, or the desire to trust. Example: "Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed..." (Lamentations 3:21-22)

How to Use This Guide: Find a quiet space. Write, draw, type, or speak your lament aloud. Follow the stages in order, or move between them as needed—this is your safe space. There are no "right" words. Your honesty matters more than polish. End by naming even a small thread of hope or trust, if possible.



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