

# **Writing a Prayer of Lament**

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Using the concerns identified earlier in this session, the elements of lament psalms and the form below, write a prayer of lament. Write either a personal lament or a corporate lament.

*Invocation/address to God ...*

*My lament ... (for myself or for the community)*

*I remember God's past mighty acts ...*

*I express belief/trust in God ...*

*I petition God to ...*

*I make a vow to God and/or I praise God ...*

# **Psalms of Lament for Personal Meditation**

Select one of the following psalm passages to read. Read the passage slowly and prayerfully. Ponder the words. Focus on those words that express your thoughts and feelings today. Select one line or verse that is especially meaningful to you.

Psalm 6:1–10      “My eyes waste away because of my grief.”<sup>1</sup>

Psalm 13:1–6      “How long, O LORD? Will you forget me forever?”

Psalm 41:1–12      “Even my bosom friend ... has lifted the heel against me.”

Psalm 51:1–17      “Have mercy on me, O God, according to your steadfast love.”

Psalm 71:1–21      “I will come praising the mighty deeds of the Lord God.”

Psalm 85:1–13      “Will you not revive us again so that your people may rejoice in you?”

Psalm 90:1–17      “For a thousand years in your sight are like yesterday when it is past.”

Psalm 119:81–88      “My soul languishes for your salvation; I hope in your word.”

Read the line or verse as your prayer, and then write the line or verse on a separate sheet of paper. Continue writing for three to four minutes. Don't worry about what to write; the words will come easily as you reflect on the words of the psalm and their meaning to you.

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<sup>1</sup> These brief quotes from the Psalms are from the NRSV Bible.