

## Writing My Own Lament Psalm

This week you will work on writing your own lament psalm. This worksheet has three columns. Use this example as a template. Take your own sheet of paper and divide it into 3 columns with the same headers. Keep everything in the "Movements of Lament" column the same. You will probably have to spread them out as you fill out the rest of yours. Under section #1, Turn to God, under the Psalm column, using phrases from other psalms that have been particularly helpful/meaningful to you, record the verse number and exact words that the psalmist uses that fit into this category. Then, under "My Lament," echo the words of the psalmist, using your own words. Do the same for each category until you have worked through the entire Psalm. When you are finished, Write your entire Psalm on a separate piece of paper.

### Movements of Lament:

### Psalm:

### My Lament:

#### 1. Turn to God:

Address God as you come to him in prayer. This is sometimes combined with complaint.

#### 2. Bring Your Complaint:

Identify in blunt language the specific pain or injustice. Why or how questions are often part of the complaint.

3. Ask Boldly: Specifically call upon God to act in a manner that fits his character and resolves your complaint.

4. Choose to Trust: Affirm God's worthiness to be trusted, and commit to praising him.