



Lament Prompts and Resources
Calvary: The Hill
Lent 2023

Steps to Lament - from Glenn Pemberton, author of *Hurting with God*

1. **Address to God**
2. **Complaint**
3. **Motivation (why should God act based on his character?)**
4. **Petition**
5. **Praise**

Quick Lament Prompts - from Mark Vroegop, author of *Dark Clouds, Deep Mercy*

1. **Turn to God**
 - a. Address God as you come to him in prayer. This is sometimes combined with complaint.
2. **Bring your Complaint**
 - a. Identify in blunt language the specific pain or injustice. *Why* or *how* is often part of the complaint.
3. **Ask Boldly**
 - a. Specifically call upon God to act in a manner that fits his character and resolves your complaint.
4. **Choose to Trust**
 - a. Affirm God's worthiness to be trusted, and commit to praising him.

Brief Guide for Lament - from Dan Huie, Spiritual Director at The Layne, Seattle

Writing a Lament:

What does your heart need to say to God? *Name the foxes that trample your vineyard (Song of Solomon 2:15).*
Name your unmet and crushed longings...

1. Address God - who is God; who is God to you?
2. How have you or others experienced God's faithfulness in the past?
3. What is your complaint? Be honest here! A lack of honesty limits intimacy. God is sturdy! God can handle it.
4. What about you? What do you need to confess? It is ok/good to also claim your innocence.
5. What do you want God to do? What is your hope? Expectation?
6. God's response (God always answers, but may not reveal the answer)
7. Your promise to praise or statement of trust in God.

Deep Dive Lament - From Laurie Krieg, author and speaker

Preparing for Lament:

Remember the overarching goal: Get out an internal something to Jesus that feels confusing, painful, or ambiguous, and hear something from Him about that situation.

("Hearing" may be as simple as waking up to His presence in it, or actually healing from it, forgiving through it, or receiving real clarity from Him about it.)

We invite you to write something to Jesus to prepare:

What Should I Write About? (Pick one that resonates the most. It doesn't have to be "the perfect thing." Just...something that jumps out at you more than the others.)

Is there a memory your brain keeps catching on?
What happened? How did you feel? What did it cost you?

Do you keep getting triggered by something? When was the last time you were triggered? Start there and keep working backwards to what the trigger reminds you of... from your recent adulthood? Childhood? How does it affect how you view God?

Is there someone (or a group of people) about whom whenever you think or talk about them, your blood pressure seems to rise?
What is it about them? How did you feel? What did it cost you?

Is there a lie you keep believing about yourself?
What is it? When was a time you first felt it? What was the scene? How did you feel?

Is there something you're wrestling with but you can't quite name it? What is the emotion around it? Imagine yourself taking a piece of paper over the emotion of this ambiguous feeling and coloring it with a crayon. (Did you ever do this with leaves underneath a paper in the autumn?) Now, imagine taking this paper with the emotion or essence of the feeling on the paper, and picture yourself holding it in one hand while you scan through your life like you might scan quickly through the images on your phone. Ask the Lord to match the emotion to a scene in your past. Pause there, even if it doesn't totally make sense. What happened? What did you feel? Even if it's still slightly ambiguous, write what you can to the Lord.

Are you struggling with your closeness to Jesus? What are you struggling with? When do you feel it the most strongly? How does wrestling make you feel? What do you believe about yourself, God, and the world because of this lack of closeness?

Are you wrestling generally with something in your life right now? What is it? How does it make you feel? What do you believe about God, the world, and other people because of what is happening?

Are you wondering about an answer to a big decision? What is the struggle with it? Why does it feel so big? What are your fears around it? What insecurities does it bring up in you? How does it make you view yourself, the world, and God?

How to Write:

Unfiltered. Real life. Don't edit yourself, just go with it.

Who to Write to:

Jesus—however you picture him: as a lion, lamb, a presence or however you see him.

What to Write:

1. Start with what happened.

Tell God about it.

How did you feel about it?

"I have come to love the darkness. For I believe now that it is a part, a very, very small part of Jesus's darkness and pain on earth . . . Jesus can't go anymore through the agony – but He wants to go through it in me."

—Mother Teresa

2. Name what it cost you and what it reminds you of from your childhood.

What did this **cost** you? (Emotional pain, years of your life, anger, bitterness, a relationship, loss of money/sleep, etc.)

What does this remind you of? (From childhood? A theme of pain in your life right now?)

"Each heart knows its own bitterness, and no one else can fully share its joy." (Prov. 14:10)

Recommended Books on Lament:

1. Michael Card. *A Sacred Sorrow: Reaching Out to God in the Lost Language of Lament.*
2. Glenn Pemberton. *Hurting with God: Learning to Lament with the Psalms.*
3. Mark Vroegop. *Dark Clouds, Deep Mercy: Discovering the Grace of Lament.*