



# LAMENT PRACTICE GUIDE

*Through the movements of Lectio Divina*

## Opening Prayer from Psalm 13:1-3a

How long, O LORD? Will you forget me forever? How long will you hide your face from me?  
How long must I wrestle with my thoughts, and every day have sorrow in my heart? Look on me and answer, O LORD my God. Give light to my eyes...

## Silent Prayer of Seeking God's Heart (*Silencio*)

### Read\* (*Lectio*)

### Reflect (*Meditatio*) and Rest (*Contemplatio*)

- **After 1<sup>st</sup> Reading**, spend some time reflecting on what the psalmist is lamenting and the feelings conveyed. *What word or phrase caught your attention?*
- **After 2<sup>nd</sup> Reading**, spend some time reflecting on how this psalm makes you feel\*\*. *What are these feelings connected to—memories, current events, friends/family, work, faith, etc.?*
- **After 3<sup>rd</sup> Reading**, spend some time in silence, reflecting on what you are feeling, and listening for God's invitation to lament before him. Then *pray a lament of your own\*\*\**.

## Resolve (*Incarnatio*) from Psalm 13:5-6

But I trust in Your unfailing love; my heart rejoices in Your salvation. I will sing the Lord's praise, for He has been good to me.

## Silent Prayer for Those Who You are Lamenting *With, Because of, or For.*

In the name of the Father and the Son and the Holy Spirit, *Amen.*

\* Choose one of the lament psalms from the list below.

**Penitential Psalms** | 6, 32, 38, 51, 102, 130, & 143

**Personal Lament Psalms** | 3, 4, 5, 7, 9, 10, 13, 17, 22, 25, 26, 27, 28, 31, 35, 36, 39, 41, 42, 43, 52, 53, 54, 55, 56, 57, 59, 61, 64, 69, 70, 71, 77, 86, 89, 120, 140, 141, & 142

**Communal Lament Psalms** | 12, 44, 58, 60, 74, 79, 80, 83, 85, 89, 90, 94, 123, 126, 129, & 137

**Problem (Protest) Psalms** | 88 (protesting God’s absence and silence) & 109 (protesting a neighbor, family member, or friend experienced as an enemy)

**God Lamenting Psalms** | 50, 81, 95

\*\* Use this sample list of emotions to help identify how you feel as you read and lament.

<b>HAPPY</b> Blissful Delighted Enthusiastic Excited Glad Gleeful Grateful Joyful	<b>AFRAID</b> Anxious Fearful Horrified Nervous Panicked Scared Shaky Terrified
<b>SAD</b> Discouraged Disheartened Down Gloomy Hurt Lonely Melancholy	<b>LOVING</b> Affectionate Compassionate Friendly Nurturing Tender Trusting Warm
<b>ANGRY</b> Agitated Bitter Exasperated Frustrated Irritated Mad Resentful Heated	<b>DEPRESSED</b> Burned out Dejected Despondent Helpless Hopeless Listless Weary Withdrawn
<b>CONFUSED</b> Ambivalent Bewildered Conflicted Perplexed Torn Troubled Uneasy	<b>PEACEFUL</b> Calm Content Relaxed Quiet Satisfied Serene Tranquil

\*\*\*Use these questions developed by Dan Gorrell to help you make this psalm of lament your own lament.

Pray your responses:

**APPEAL:** To who is this psalm addressed? To whom are you directing your pain? Use the psalmist’s words (“O God,” “O LORD,” “My God!”) or your own (“Holy One,” “Lover of Justice,” “Father!”).

**COMPLAIN:** What is troubling you? What hurts? How does it feel to be you right now? Describe how your body is responding to the pain. What are the general circumstances around your grief, sorrow, or anger? What painful situation is before you? How are your relationships being affected? How has your own sin or the brokenness around you affected your circumstances?

**PLEA:** What do you want from God? How do you want your situation to change? What do you expect God to change for you? How do you want him to save?

**CONFESS:** What do you know to be true about God as you experience your hurt? How has God responded to your pain in the past? What is true about his eternal character? Amid your suffering, what are the reasons God is still worthy of praise? What is true about God when he acts?