

SPIRITUAL PRACTICE

Creating a Lament

Write your loss at the top of the paper provided. Using the “process” described below, write your own personal psalm of lament relating to your loss. You may use it exactly or you may write freeform. It is yours.

Be honest, be courageous, and don't hold back, for in those feelings and their expression you can find healing and hope in knowing that God is listening with unconditional love and abundant compassion for you. Imagine God saying to you, “I know you're disappointed/hurt/angry/sad...tell me about it.”

Address God

How do you address God? What do you call God?

Complaint

What is your complaint? What sadness, fear, pain or anger do you have that needs to be brought to God?

Affirm your trust in God

Has God been there for you in the past? What has been your experience of God's presence with you and what did you experience in that time?

Ask for your deepest desire

What do you most deeply desire from God in this time? Express your need and tell God why you want God's intervention? Are there people or situations in your life that feel threatening to you? How would you bring them to God? Psalmists in the past have reminded God of past situations when God came through for them. You may want to do that as well.

Assurance that you are heard

What do you need from God to feel that you have been heard in this prayer?

Gratitude and praise

Express your gratitude for God's presence in your life and all that you have experienced that has blessed you and for which you are thankful. Perhaps you can see in this situation of losing the blessing that God brought to your life through the person, the job, the role, etc.

These questions may guide you:

Who has helped you?

Where have you been able to find help?

What has given you hope?

What role has your faith played?

How and when have I experienced God's presence?

For whom or what are you grateful?

What qualities in yourself have you discovered that have helped you survive? What strengths have you found?

How has God dealt bountifully with you?