

Appendix 3

Learning-to-Lament Worksheet

Movements of Lament	Psalm ____	My Lament
<i>Turn to God</i> Address God as you come to him in prayer. This is some- times combined with complaint.		
<i>Bring Your Complaint</i> Identify in blunt language the specific pain or injustice. <i>Why</i> or <i>how</i> is often part of the complaint.		
<i>Ask Boldly</i> Specifically call upon God to act in a manner that fits his character and resolves your complaint.		
<i>Choose to Trust</i> Affirm God's worthiness to be trusted, and commit to praising him.		