

Jenna Perrine


Thank you for your interest in this resource! I created this with the hope that it would be used in churches, counseling offices, and personal processes for the sake of personal and communal healing - print and replicate as needed!

I don't know what has brought you to this place of lament in your life, but I do know that this resource was created with you in mind. As a mental health counselor I know personally and professionally the varied faces that pain, trauma, grief, and doubt can take in our lives - that grief left unexamined and unexpressed, becomes repressed and erodes us from the inside out. As a pastor, I take seriously that we serve a God who is greater and far beyond our human perspective. A God who deserves to be approached with reverence, respect, and biblical grounding - if we approach with anything less then our interaction can be dishonoring. As an artist, I know in my bones that expressing ourselves creatively unleashes healing, and new life in a world filled with criticism - to push ourselves to give birth to something when everything else feels like it is dying is a beautiful thing. I pray that the use of this expressive, creative, biblical tool would help make your implicit pain explicit before God, so that you can facilitate a richer, deeper prayer life in the midst of trial, pain, personal failing, or corporate grief.

I always like to say, by including lament in scripture, lament is ultimately God's idea, a gift to us so that we need not repress and pull away in hard times, but rather draw ever closer.

May you be surprised at the intimacy possible with God in our darkest days, may your prayers be heard, and ultimately, may you find healing in the embrace of Jesus Christ.

With great affection,
Jenna Perrine, MA LPC

An abstract artistic background at the bottom of the page, featuring broad, textured brushstrokes in various shades of blue and teal, creating a sense of movement and depth.

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Write Your Own Lament

1. Remember and be reassured that we are writing from a standpoint before God that is brutally honest yet fully trusting.
2. You can use this handout in any way that is helpful to you to express yourself before God however, it is recommended that you try to tap into your creative right brain and explore how to write in the style of a Psalm - like a poem or a song, rather than journalling or writing in paragraphs. You can even draw if that helps you express yourself best! Do what works for you.
3. If it helps, try to think of metaphors, word pictures and similes to describe your pain or situation, these can be great avenues of expression when describing painful things in lament.

What do you want to lament?

Use this space to reflect on what aspect of life you are grieving that you may want to bring before God. As you reflect, what image or metaphor comes to mind that could help describe your situation?

Lament metaphors to consider

Drowning
Unrelenting rain
Snow that never melts
Eternal Storm
Shattered glass
Carrying a heavy burden
Unending night
An Empty Room
Crashing Waves
Endless Fog
Sinking Sand
Emptiness
A Broken Record
Driving with no destination
Walking on eggshells

Psalm 28

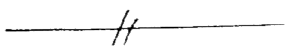
To you, O Lord, I call;
My rock, be not deaf to me.

Psalm 13

How Long O' Lord?

Psalm 94

O Lord, God of vengeance,
O God of vengeance, shine forth!



Psalm 22

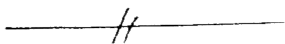
Why are you so far from saving me,
from the words of my groaning?

O my God, I cry by day, but you do
not answer, and by night, but I find no
rest.

Psalm 6

I am weary with my moaning; every
night I flood my bed with tears; I
drench my couch with my weeping.

My eye wastes away because of grief; it
grows weak because of all my foes.



Psalm 22

Yet it was you who took me from
the womb; you kept me safe on my
mother's breast.

On you I was cast from my birth, and
since my mother bore me you have
been my God.

Psalm 13

But I trust in your unfailing love. I will
rejoice because you have rescued me.

1. Cry out to God

Cry out to God. How will you address God? How do you believe your relationship with God will initiate change in your life?

2. Complaint

What is your complaint? What anger, pain, heartache or sadness do you have that may need to be discussed with God?

3. Affirmation of Trust

Have you experienced God being on your side in the past? Is there something you can look back on in which you experienced the presence of divine love in your life?

Psalm 6

Return, O Lord, and rescue me. Save me because of your unfailing love.

Psalm 13

Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die.

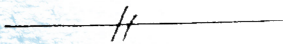
Psalm 102

Bend down to listen, and answer me quickly when I call to you.



Psalm 35

Malicious witnesses testify against me. They accuse me of crimes I know nothing about. They repay me evil for good. I am sick with despair. Yet when they were ill, I grieved for them. I denied myself by fasting for them, but my prayers returned unanswered.



Psalm 59

Stagger them with your power, and bring them to their knees, O Lord our shield.

Psalm 28

Give them the punishment they so richly deserve! Measure it out in proportion to their wickedness. Pay them back for all their evil deeds! Give them a taste of what they have done to others.

4. *Petition or Request*

What is your deepest desire from God? What do you want for your life situation right now? Articulate your need.

5. *Additional Argument*

Having gotten in touch with your desire, is there anything else you want to say to God about your need and why God should intervene? What past situations do you want to 'remind' God of?

6. *Rage Against Your Enemies*

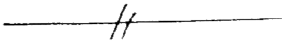
Are there things or people in your life that feel like enemies? How can you bring them to God?

Psalm 6

Go away, all you who do evil, for the Lord has heard my weeping. The Lord has heard my plea, the Lord will answer my prayer.

Psalm 28

Praise the Lord! For the Lord has heard my cry for mercy.

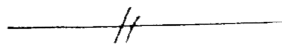


Psalm 13

I will rejoice because you have rescued me. I will sing to the Lord because the Lord is good to me.

Psalm 79

Then we your people, the sheep of your pasture, will thank you forever and ever, praising your greatness from generation to generation.



Psalm 94

But the Lord is my fortress; my God is the mighty rock where I hide.

Psalm 3

Victory comes from you, O Lord. May you bless your people.

Psalm 60

With God's help we will do mighty things, for God will trample down our foes.

7. Assurance of being heard

What do you need from God to feel heard? How can you acknowledge that God is listening to your prayer in this moment?

8. Promise or Vow to offer Praise to God

What promise of praise can you offer to God in this moment?

9. Assurance

What attribute of God can you thank God for in this moment? What thing/person/event (no matter how small) can you be grateful for?

My Lament

Use this space to write out your completed lament as one peice of writing. Be patient - it may take many attempts and the passing of time to complete each step. Once you have a completed lament, read it aloud to God.