

# Lament Guide

**1. Address to God:** Usually a brief cry for help, but sometimes includes a statement of how God has come through in the past. We can address God with the names He has given us for who we need in this moment.

**2. Complaint:** This is encouraging for those of us who have been there a long time in suffering. We actually are invited to complain to God about our circumstances and name our disappointments!

**3. Confession of Trust:** We name our hope in God even despite all the circumstances (even if we aren't sure if we believe it yet). It's where we look back on our stories to see where God has come through in the past and remember what He has done.

**4. Request:** Upon expressing our confidence in God, we ask God for deliverance and intervention. Here, we ask for God's help and put our hope in God over ourselves or other Messiahs to save us.

**5. Words of Assurance:** Here we name confidence that God hears our prayers and name for ourselves or others that God is trustworthy and faithful. We recall His character and what we have seen Him do in the past that reminds you of this.

**6. Vow of Praise:** We conclude our lament with a vow to proclaim what God has done. We trust that God is actively involved in our situation, and so we praise Him for this. And we promise to declare to the world the ways He has and will answer our prayers.