



Prayer of Lament

The word “lament” means a passionate expression of grief or sorrow. In a word, prayers of lament are *honest*. We get real with God about our heartbreak, disappointment, and disillusionment. To lament is to be honest about how we *really* feel. In our honesty, we may even question God.

- Habakkuk, *“How long, O Lord, must I call for help and you do not listen?”*
- Job, *“Why did I not die at birth?”*
- Jesus at the cross, *“Why have you forsaken me?”*

Many people are uncomfortable with lament because they don’t like negative feelings of sadness or emptiness, but the Bible is big on lament. There’s an entire book of the Bible called Lamentations. There are more psalms of lament in the book of Psalms than any other type of Psalm. In fact, 70% of the psalms are lament.

When we get honest about our brokenness, it drives us into relationship with God where the pain can be healed and the emptiness filled.

Use the prompts below to bring your unanswered prayers and laments before the Lord.

1. God, this is what I expected...
2. But God, this is what happened...
3. God, why....?
4. This is how it made me feel... (Allow yourself to feel it in His presence)
5. Confess your trust in Him... Ask Him to fill the empty places... “God, pull me closer.”