

# What is a LAMENT?

A Prayer to God for Help When I (or Someone I Love) am Hurting.

How do I pray a LAMENT? Just ask for HELP!

H



Head

E



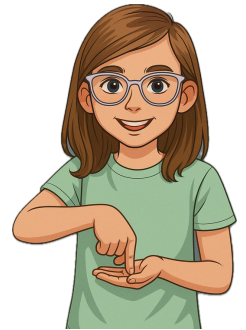
Ex-

L

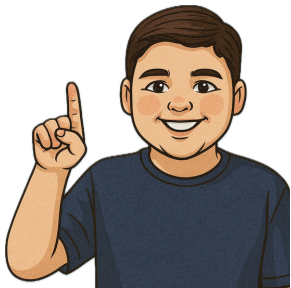


Lift Up

P



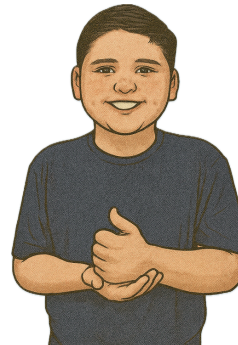
Put your



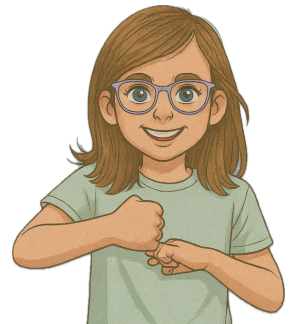
to God



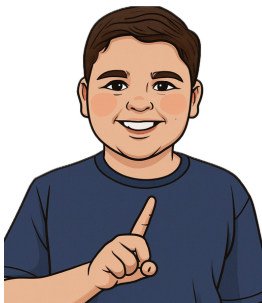
-press



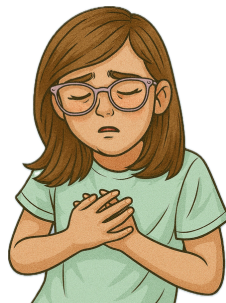
Your Need for  
Help



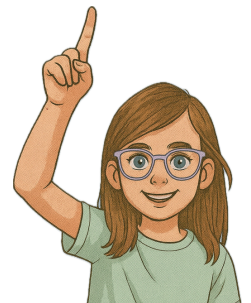
Trust



First



Your Pain



in God

Go to God in Prayer.

You can cry, scream,  
rant, or rave- just tell  
God how you really feel.

Let God know you need  
Him now to help you get  
through this hard time.

Tell God that you trust  
Him and know that He  
loves you.

# Need Help?

**Borrow one of these prayers of lament  
when you need one!**

## A Lament for When I am Sad

Dear God,

I know you love me and are good. But I am hurting right now because \_\_\_\_\_.

I need your help to know what to do and to help my heart feel better. Even though I am sad, I praise you because of the great and perfect Father you are to me.

Amen

## A Lament for When I am Mad

Dear God,

You are a good Father that loves me and wants me to be joyful. But I am so angry right now because \_\_\_\_\_.

I need your help to find my joy again and to replace this anger with love. Help me to see your goodness in this situation that is only making me mad. I know your plans are perfect even when I do not always understand them. Thank you for always loving me.

Amen

## A Lament for Someone I Love

Dear God,

You have filled my life with good things and so many people to love that also love me. But my heart is hurting because \_\_\_\_\_ is hurting because life is hard for him/her/them right now.

I ask that you will fill his/her/their hearts with Your goodness and help him/her/them to remember that you love them more than any of us could ever imagine. I praise you for loving all of your children so completely.

Amen

## Need More Help or Support?

- Green Acres Baptist Church  
903-525-1100  
info@gabc.org
- Dustin Lee- GABC Childrens Pastor  
903-525-3257  
dustinl@gabc.org
- Graceworks Counseling Ministry GABC  
903-533-1817

“I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.” -Jeremiah 31:3