

Biblical Lament Practice

1. Read Psalm 13 two or three times. Let yourself feel the words.
2. Choose one issue and fully describe your pain, suffering, and disappointment to God. Write it down in a notebook or type it out. Don't try to minimize or make it seem better. Be honest with yourself and God. (Psalm 13:1-2; Psalm 62:8)
3. Express to God how you think it should go, or what you would like to see happen and then surrender that to Him. (Psalm 13:3-4) Write out the ways that you have tried to deal with the pain or the situation on your own (deny, detach, drug). Are you able to surrender those outcomes and actions to God?
4. Write out a prayer acknowledging the truth about who God is. List the promises he has given you. Remind yourself of his goodness. (Psalm 13:5-6)
5. Ask God if there is anything he'd like to say about your situation, write it down. When he speaks, be ready to walk in obedience.
6. Be persistent! It will often take more than once to go through this process and find relief and direction. Repeat this process as necessary.