A Lament

A structured way to bring pain somewhere.

A large part of the Psalter is lament: structured complaint, named honestly, brought before God. You do not have to resolve anything; the point is to give the pain a form and a witness. This worksheet walks through five movements lament has traditionally taken. Address it where you address it.

Address

Who or what you are bringing this to.

Complaint

What is hurting, said honestly. No softening required.

Educational content; not a substitute for therapy. If you are working through something significant, consider connecting with a counsellor or your family doctor.

A Lament (continued)

Request

What you are asking for. Specific or general; both are faithful.

Trust

What still holds, even now. Or what you wish still held.

Vow, or Listening

What you carry forward from this prayer. Or where you sit, attentive, waiting for God to answer.

Lament does not require resolution. Some prayers move from words into listening. That is also faithful.

Book a free 15-minute consult

A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.

Join the newsletter · **Leave a Google review**

A review of these free tools is public and optional, so no pressure, especially if you're a current client.