

# LAMENT GUIDE

UNSTUCK

Lament and grief are not easy to walk through or engage in. As a culture, we do whatever we can to avoid lament and grief, but God wants to meet us in those places, those places we don't want to face or talk about. As you walk through the prompts, remember, don't filter yourself. Bring to God whatever you are feeling, whatever you are thinking. He can handle it.

# Psalm 13:1

*How long, O Lord?*

*Will you forget me forever?*

*How long will you hide your  
face from me?*

**Bring to God the answers and feelings to the following prompts:**

- Do you feel forgotten by God?
- Does God feel hidden from you?
- Do you long for God to look at you?
- Bring your affirmation of trust.  
Your remembrance of God's presence in your past and how God has shown up for you.

## Psalm 13:2

*How long must I wrestle  
with my thoughts and day  
after day have sorrow in my  
heart? How long will my  
enemy triumph over me?*

## **Bring to God the answers and feelings to the following prompts:**

- Is there sorrow or pain you have carried for years or maybe decades? Why do you still hold on to it?
- Take a moment and release it to God.
- Remember the promise from Genesis 50 we saw in the October 11 message, that God is able to turn all things to good, even when others intend to hurt us.
- Bring your petition, your request, your deepest desire. What's the thing you want deep down, right now. Unfiltered, what is the thing that you're requesting of God.
- Bring your enemies before God. Unfiltered and raw.

## **Psalm 13:5-6**

*But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord's praise, for He has been good to me.*

## **Bring to God the answers and feelings to the following prompts:**

- What is it that you need from God to feel heard? Tell Him those things. Ask Him to show you He hears you.
- If you felt heard, what would happen?
- Promise to offer praise to God. Promise that you will cling to God, no matter what.
- Bring to God His attribute that you are most thankful for and thank God for who He is.



**Use this guide every  
time you feel anger,  
bitterness, rage or pain  
seeping in. Use this  
exercise to bring your  
lament to God.**

*If you're looking for additional  
help, check out our  
Grief Share Group or fill out our  
form for Peer Counseling.*