

Learning to Lament Worksheet

From *Dark Clouds, Deep Mercy* by Mark Vroegop

Movements of Lament Psalm My Lament

Turn to God—

Address God as you come to Him in prayer

Bring Your Complaint—

Identify in blunt language the specific pain or injustice.

Why or *How* is often part of the complaint

Ask Boldly—

Specifically call upon God to act in a manner that fits His character and resolves your complaint.

Choose to Trust—

Affirm God's worthiness to be trusted, and commit to praising Him.