

Lament Prayer

This prayer guide is part of our 40 Hours of Prayer and Worship. You are welcome to follow this guide or simply use it as a starting point and let the Spirit lead your time.

We are a church living in a world marked by suffering. We need only look around to see people hurting — whether from their own actions, the actions of others, or the brokenness of the world itself.

Adele Ahlberg Calhoun describes prayers of lament as a way “to approach God with the realities of sorrow, frustration, and angst that consume and distract.” None of us are immune to suffering, yet we serve a good God who cares deeply for those who hurt. Let us bring our burdens before Him in prayer.

Reflection

Spend the next 2 minutes reflecting on an area of suffering in your life, your community, or the world around you.

<p>1. Address God Begin your prayer by naming who you are speaking to — God. Acknowledge something that is true about His character and invite Him near.</p> <p>“Answer me when I call, God of my righteousness!” — Psalm 4:1</p>	<p>2. Complaint Honestly describe the burden on your heart. Bring your grief, frustration, sorrow, or questions before Him. God is kind enough and strong enough to meet you there.</p> <p>“How long, Lord?” — Psalm 13:1</p>
<p>3. Request for Help Ask God to move. Pray for peace, justice, healing, reconciliation, wisdom, or comfort. Invite Him to work in the midst of suffering.</p> <p>“Lift up the light of Your face upon us, Lord!” — Psalm 4:6</p>	<p>4. Expression of Trust End by declaring what is true about God. Remember His faithfulness and place your trust in Him again.</p> <p>“In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety.” — Psalm 4:8</p>

Closing Reflection

Surrender your burdens to the Lord. You may not leave with every answer, but you can leave knowing that God hears you, sees you, and walks with you.

Final Prayer

Father, I place my burdens into Your hands. Where there is sorrow, bring comfort. Where there is fear, bring peace. Where there is weariness, bring renewal. Help me walk forward in trust, knowing that You are near to the brokenhearted and faithful in every season. Amen.