
Writing your own Lament Prayer



Evelyn Williams (1929 - 2012)
-Two Heads -
blue Oil on canvas unframed 20 cm x 20 cms
artist's studio

Psalm of Lament is an address to God. They are normal part of Israel's praise and worship. There are communal psalms of lament and individual ones. Here is a general form below to help you with your own expression of this prayer if/when you should need it.

General structure:

1. Address to God: come not as a stranger, but as someone who has a history of trustful relationship - personal.
2. Complaint/Introductory cry: Express HOW things really are - what is your cry just now?
3. Petition: Articulate the problem and ask the Lord for help/to act, often making clear motivations to give God reason to act. Some Psalms of Lament even go further with unguarded voice of 'imprecation' ie. the voice of resentment that will not be satisfied till God acts
4. Confession of Trust: Express your trust in the Lord and assurance of being heard
5. Prayer for Deliverance: Request deliverance/God's intervention.
6. Praise: Offer praise and thanksgiving to God for God's many blessings.