



Lament:

# The door to healing

Bringing our tears and complaints to God

Meaning Making:  
Lament  
(sacred tears)

- Complaints about injustice and loss
- Questioning God
- Asking for rescue, calling on promises
- Waiting expectantly

Psalm 13:1

*“How much longer will you forget me, Lord? Forever?”*

*How much longer will you hide yourself from me?”*

# Psalm 13

O Lord, how long will you forget me? Forever? How long will you look the other way?

How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?

Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die.

Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.

But I trust in your unfailing love. I will rejoice because you have rescued me.

I will sing to the Lord because he is good to me.

# Elie Wiesel on lament

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I have not lost faith in God. I have moments of anger and protest. Sometimes I've been closer to him for that reason.



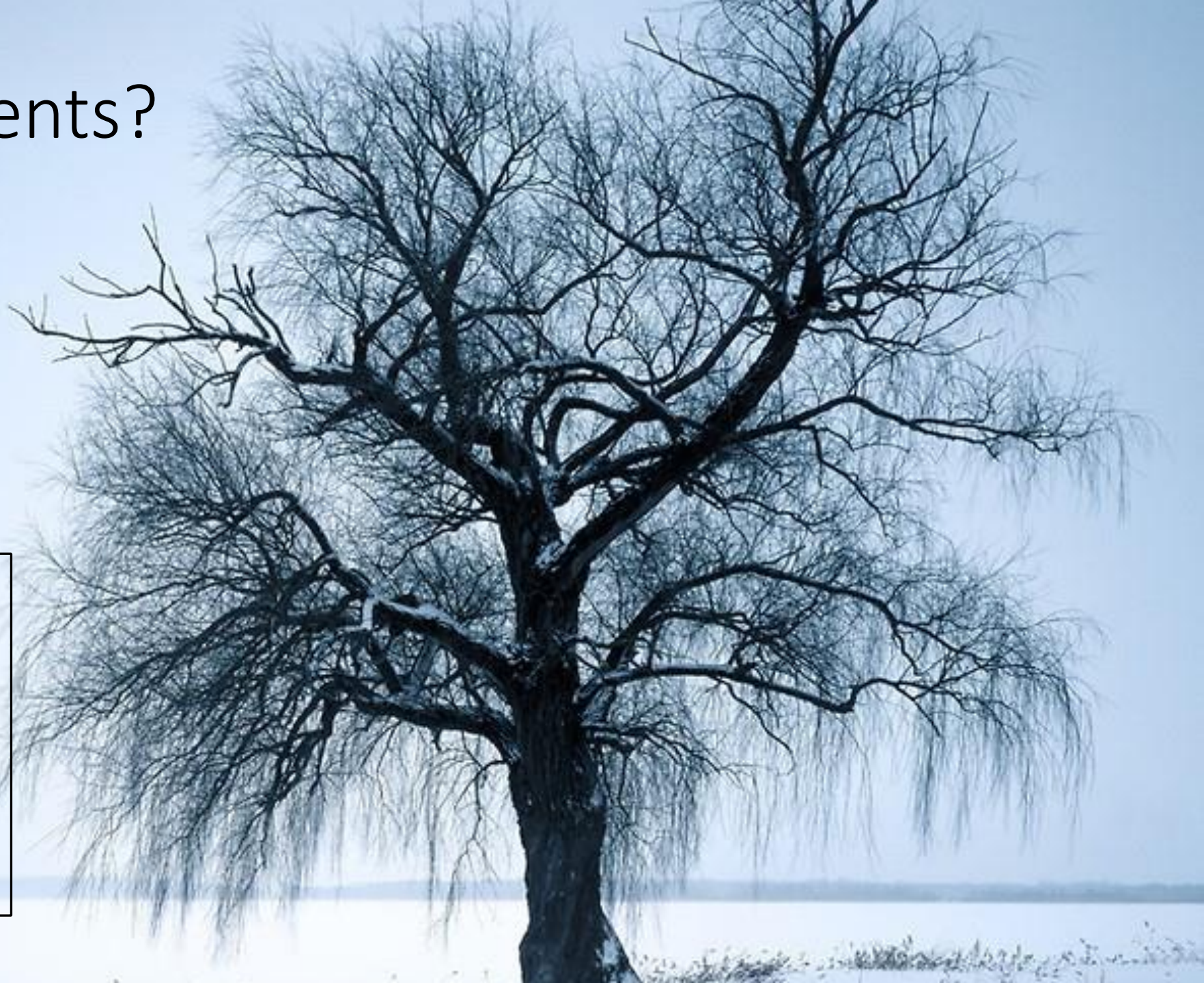
# Benefit of Laments?

Increased communion  
and intimacy

Kim Snow

Holding communion  
and complaint  
together in our “winter  
of faith”

R. Beck



Write your  
own lament  
to God

[www.traumahealingbasics.org](http://www.traumahealingbasics.org)

STEPS	MY LAMENT
<b>Call out to God.</b>	
<b>Tell God about your pain.</b>	
<b>Ask God for help.</b>	
<b>Affirm your trust in God.</b>	