

# A Prayer of Lament

## Turn and candidly bring your grief and complaint to God.

"How long, LORD? Will you forget me forever? How long will you hide your face from me? 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?" (Psalm 13:1-2)

### FATHER, WHY AM I BEING MISTREATED? WHY DO I WITNESS THE MISTREATMENT OF OTHERS?

"Deliver me from my enemies, O my God; protect me from those who rise up against me; deliver me from those who work evil, and save me from bloodthirsty men. For behold, they lie in wait for my life; fierce men stir up strife against me. For no transgression or sin of mine, O LORD, for no fault of mine, they run and make ready. Awake, come to meet me, and see!" (Psalm 59:1-4)

### GOD, WHY ARE YOU BEING SILENT?

"O God, do not keep silence; do not hold your peace or be still, O God!" (Psalm 83:1)

### I ACKNOWLEDGE AND LAMENT SIN, EVEN IF NOT MINE.

"O my God, I am ashamed and blush to lift my face to you, my God, for our iniquities have risen higher than our heads, and our guilt has mounted up to the heavens. From the days of our fathers to this day we have been in great guilt. And for our iniquities we, our kings, and our priests have been given into the hand of the kings of the lands, to the sword, to captivity, to plundering, and to utter shame, as it is today." (Ezra 9:6-7)

### I CONFESS MY FEARS ABOUT ENGAGING.

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you." (1 Peter 5:6-7)

### I CONFESS MY SILENCE WHEN I MISS OPPORTUNITIES TO ENGAGE.

"So whoever knows the right thing to do and fails to do it, for him it is sin." (James 4:17)

### I CONFESS TIMES I HAVE GIVEN PARTIALITY.

"My brothers, show no partiality as you hold the faith in our Lord Jesus Christ, the Lord of glory.... have you not then made distinctions among yourselves and become judges with evil thoughts?... For judgment is without mercy to one who has shown no mercy. Mercy triumphs over judgment." (James 2:1, 4, 13)

## Ask God boldly for His promises, not just relief but also deliverance.

"Look on me and answer, LORD my God. Give light to my eyes, or I will sleep in death, and my enemy will say, 'I have overcome him,' and my foes will rejoice when I fall." (Psalm 13:3-4)

### I COME TO YOU BOLDLY WITH MY PRAYERS.

"For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need." (Hebrews 4:15-16)

### GIVE ME THE STRENGTH AND COMFORT AS YOU PROMISE.

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (Isaiah 41:10)

### GIVE ME A POSTURE THAT SEEKS EMPATHY.

"Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight." (Romans 12:15-16)

### HELP ME ENTER EMOTIONAL TIMES WITH A DESIRE TO SERVE.

"Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus." (Philippians 2:3-5)

### IMPROVE MY LISTENING, THAT I MIGHT LEARN AND UNDERSTAND.

"A fool takes no pleasure in understanding, but only in expressing his opinion." (Proverbs 18:2)

### CONVICT ME OF MY SIN WHERE I DO NOT YET SEE IT.

"Who can discern his errors? Declare me innocent from hidden faults. Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression. Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer." (Psalm 19:12-14)



**BRING THE JUSTICE YOU PROMISE AS I  
SHOW FAITH BY WAITING ON YOU.**

“Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, ‘Vengeance is mine, I will repay, says the Lord.’” (Romans 12:19)

**HELP THE CHURCH SEE AND FOSTER THE  
ONENESS THAT YOU ALREADY CREATED  
AND CONTINUE TO TRANSFORM US TO  
MODEL THIS AS WE KNOW YOU CAN.**

“For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.” (Galatians 3:27-28)

**MOBILIZE YOUR CHURCH WHICH IS  
THE SOLUTION IN THIS TIME.**

“And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it.” (Matthew 16:18)

**MAY OUR FUTURE ETERNAL VICTORY  
EMBOLDEN US TODAY.**

“After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands, and crying out with a loud voice, ‘Salvation belongs to our God who sits on the throne, and to the Lamb!’ And all the angels were standing around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshiped God, saying, ‘Amen! Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen.’” (Revelation 7:9-12)

**Choose to trust in Him and His  
purpose behind the pain, sorrow,  
confusion, and uncertainty.**

“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.” (Psalm 13:5-6)

**WHILE I HURT, I STILL CHOOSE TO REST IN  
YOUR MERCIES, NOT IN MY SUFFERINGS.**

“Remember my affliction and my wanderings, the wormwood and the gall! My soul continually remembers it and is bowed down within me. But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases; his mercies never come to an end.” (Lamentations 3:19-22)

**I TRUST IN MY FUTURE VICTORY, WHICH  
IS MINE TODAY AND FOREVERMORE.**

“For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.” (Philippians 3:18-21)

**I WILL LEAN ON THE ONE WHO SHOWS  
ME HOW TO FACE INJUSTICE.**

“For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.” (Hebrews 4:15)

**I CHOOSE TO TRUST YOU EVEN WHEN I  
CANNOT SEE OR FULLY UNDERSTAND.**

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” (Romans 15:13)

**I THANK YOU THAT EVIL WILL NOT  
GO UNPUNISHED, AND MY HOME  
WITH YOU IS ASSURED.**

“I know that the LORD will maintain the cause of the afflicted, and will execute justice for the needy. Surely the righteous shall give thanks to your name; the upright shall dwell in your presence.” (Psalm 140:12-13)

**Closing: Pray that our unity  
would advance the gospel.**

“I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. The glory that you have given me I have given to them, that they may be one even as we are one, I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.” (John 17:20-23)

**I KNOW YOU CAN INCLUDE ME IN  
THE UNITY YOU PROMISE.**

“May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ.” (Romans 15:5-6)

