

Practice: Write Your Own Psalm of Lament

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Based on a practice offered by the Vineyard Church of Ann Arbor.

<https://annarborvineyard.org/participate/spiritual-formation/writing-a-psalm-of-lament/>

REFLECT

Take some time and reflect on how the last week (or a time frame of your choice) has been for you. Bring to mind a particular situation or recurring theme or pattern that you know has been causing you distress, pain, or anxiety and that you feel is beyond your control.

NOTICE

Notice the predominant emotions you have been feeling during this time, in particular the more negative ones. Notice where those feelings arise in your body. Do you feel a knot in your stomach? A tightening in your chest? A blockage in your throat?

WRITE

With a piece of paper and pen, invite the presence of the Sacred and follow the steps outlined below. Imagine that you have complete freedom to lay it all out, to complain fearlessly without judgment, to authentically say everything that is in your heart and soul.

1. Address and introductory cry: Identify the Holy as the one to whom you are addressing your complaint. Request its Presence as you seek to express what is in your heart and soul.

2. Complaint or Lament: Articulate the problem you are wrestling with. Detail how it is affecting you, the pain it is causing, and the ways in which you have suffered. Be as descriptive as possible.

3. Confession of Trust: Verbalize your trust in the Holy to the degree to which this is true. Sometimes even saying "I'm willing to be willing to trust..." is enough.

4. Prayer for Deliverance: Request deliverance from the situation or help to better understand or bear it.

5. Remembrance of the Good: Remind yourself of past evidence of Holy presence or support and express your gratitude. Offer praise and thanksgiving for the blessings and faithfulness you have experienced if that feels true.