Pacific InterChristian Community

Praying Lament

Prepare

- o Go to your place
- Get comfortable
- Relax/focus (what feelings or preoccupations do you bring today?)
- Declare your state
- Acknowledge yourself to be in God's presence
- Centre in silence...(a 20 minute "sit" is ideal)

A lament is a very scriptural form of prayer (see, for example, Ps 10, Ps 44, Ps 74, Ps 79). Biblical laments all follow the same pattern.

- o God is addressed
- o The prayer's situation or plight is described
- o God is called to account and asked to act
- o Hope in God's action is expressed

To pray lament, ask for the grace to discern, acknowledge, and offer the pain in your life. You may want to make a list of what you're in pain about. Offer the ingredients of the list as your prayer and ask for God's healing...