

Writing Your Lament

In our last conversation, I mentioned writing out a lament. A lament is a passionate, pouring out of the heart to God. It is a brutally honest expression of regret, grief, sorrow or mourning, often accompanied with loud cries of despair, anger, protest, doubt, and weeping about past or present events. It has been expressed in music, poetry, and writing throughout the scriptures.

The purpose of the lament is to enable you to honestly recognize, connect, and express with your emotions. Writing your lament aids in getting “it up and out,” helping you to come into a place of renewed hope and deep healing.

Getting started

- Familiarize yourself with the following examples of a Biblical lament. Psalm 13; 55:1-8; 109:22-31, and Lamentations 3:16-24.
- Spend time in prayer asking the Holy Spirit to help you with this deeply emotional assignment.
- Find a quiet place where you can be alone without interruptions or distractions. Writing a lament takes uninterrupted time spent in God’s presence. Be prepared to stop writing if you become overwhelmed emotionally.
- Write about the memories that the Holy Spirit brings to your mind. Take time to ask where it hurts. Where are you exhausted? What enemies are you facing? Who are the people in your life you are hurting for? What old scars does the Holy Spirit bring to your attention? Take your time; don’t rush. This is heart work.
- After you have poured out your thoughts, try to transition to what you know to be true about God. Boldly write out your expressions of worship and praise to God. This is a critical element that enables you to see past the pain to the eternal hope that is in Christ Jesus. (Matthew 5:4, John 16:20, Isaiah 26:3)

