

Steps of Lament*

Group Practice

Step 1: Invite the Lord into your place of grief & vulnerability

- Take a moment to take a deep breath in. Hold for a moment. Then slowly release that breath out.
- Center your mind on the presence of the Lord and the reality of those grieving around you.
- This is a safe place with your ministry partners, friends, and siblings in Christ.

Step 2: Name the suffering you are going through

- Take a moment to think back over the past year in the life of the church and/or in your ministry. What stands out to you as a source of pain & suffering?
- Choose one of those points of grief to focus on as a group.

Step 3: Cry out! Name the feelings and express their intensity.

- Think about that point of suffering. What emotions come up for you?
- Use the statement: I feel _____ because_____.
- As you feel comfortable, voice those feeling statements aloud.

Step 4: Express the protest you feel towards the suffering.

- It is okay to protest the suffering and tell God how unjust and unfair it is.
- If you feel comfortable, share those in our time of lament.

Step 5: Express confidence in The One receiving our expression of lament

- As you think about this point of suffering we are lamenting together, what promises of God or names of God correspond to this suffering?
- Who does God say He is? What does He say He will do?
- If you feel comfortable, you are invited to share those in our time together.

Close in Prayer