

The Lament Guide

LEARNING TO PRAY HONESTLY

What am I grieving?

- What loss am I carrying?
- What disappointment still stings?
- What relationship, dream, or expectation has changed?



What am I afraid to say to God?

- Am I angry?
- Am I disappointed?
- Do I feel forgotten?
- Am I tired of waiting?



What feels unfinished?

- What prayers feel unanswered?
- What healing feels incomplete?
- Where do I feel stuck?

