

# Writing your own Psalm of Lament

"Turning toward our pain is counterintuitive. But in fact, the heart of Christianity is that the way to life is through death, the pathway to resurrection is through crucifixion"

- Walter Bruggeman

The most common type of Psalm is Lament, and they form about one-third of the Psalter, and they are an expression of the psalmist response to God when in a situation of need or affliction, a bit like what we are experiencing now.

As a continued act of our worship, I would like to encourage us to write our own Psalms of Lament This can be a useful tool to process how we feel and to ask the question: where is God in all of this?

**You will need:**  
**Paper / Notebook**  
**Pen**

A few tips for writing a Psalm of Lament. Among the shape of most psalms you can find a basic pattern. You could include these in your own Psalms.

## **1. Complaint - a description of the distress or the misfortune.**

*What kind of complaints do we see? They may be about God, or about one's life, or about an enemy, wether that be a person or a disease.*

## **2. A petition - an appeal to God to intervene and deliver**

*This could include requests for healing, deliverance, vindication, provision and protection, and, in the cases of sin, forgiveness.*

## **3. A resolution**

*This could involve A vow to praise and thank God for deliverance, An expression of confidence and trust in God and An exclamation of praise and thanksgiving. The final resolution of a Psalm of lament may involve a confession of trust; it may involve a resolve to praise or a promise to obey; or it could be a confident affirmation of God's own faithfulness even when we don't see it.*

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Not all Psalms end with a resolution and I think that is an encouragement that we can be honest with where we are at. The integral part of the Psalms is honesty, so don't be afraid to end your Psalm with how you are truly feeling.

So when you begin to write your Psalm another thing to consider: Are you writing an individual Lament, one that is personal to you, or a communal Lament, one for our church family or world.

What imagery or metaphors could you write into your Psalm to help you visualise what you are praying?

I would encourage you to do this once a week if you can, so then you can see the journey God is taking you on.

If you would like to share your Psalms to encourage others in this wilderness journey, please feel free to send them to Kay-Marie on [immanuelcreativearts@imagegod.ca](mailto:immanuelcreativearts@imagegod.ca) to share on our facebook page. Or if you would like to share your Psalm with Pastor Jeff, Kay-Marie or Chaplain Kelly only, you can find their contact information on our prayer blog at <https://www.imagegod.ca/blog-posts>

We pray this would be an encouragement to you, would bless you and would support you as you process our global situation.

Have a blessed Sunday.

*Immanuel Simcoe*