

A Guide to Lament

Bringing Your Whole Self Before God

"My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?"

Psalm 22:1

Lament is not doubt. It is not weakness. It is one of the most honest, courageous acts of faith in Scripture — bringing your real pain directly to God instead of burying it or walking away. Psalm 22 shows us how: raw cry, honest confusion, remembered truth, and renewed trust. This worksheet walks you through that same arc.

STEP 01

Name What You Are Carrying

Psalm 22 begins with the rawest possible cry: *"Why have you forsaken me?"* Before anything else, David named his pain out loud to God. You go first.

What are you grieving, angry about, or struggling to understand right now?

How long have you been carrying this?

What does it feel like in your body? (exhaustion, numbness, tightness, anger...)

STEP 02

Say It Directly to God

Notice David doesn't just journal — he prays. *"I cry out by day, but you do not answer; by night, but I find no rest."* (v.2) He brought his complaint directly to God. That's where it belongs.

Write your honest prayer here. Say it like you would say it — not polished, not cleaned up.

What have you been afraid to say to God about this?

STEP 03

Anchor in What You Know to Be True

Even in the pit, David turned to what he knew: *"Yet you are holy... In you our ancestors put their trust; they trusted and you delivered them."* (v.3-4) This is not toxic positivity — it's tethering yourself to truth when feelings lie.

What do you know to be true about God — even if it doesn't feel true right now?

Where have you seen God come through for you (or someone you know) in the past?

What verse or truth about God keeps coming back to you?

STEP 04

Wrestle Honestly With the Gap

David cycles between cry and truth, cry and truth. *"But I am a worm and not a man... Do not be far from me, for trouble is near."* (v.6, 11) The gap between what God promises and what we experience is real. You're allowed to name it.

What promise of God feels furthest from true in this season?

What has this pain made you question about God, yourself, or your faith?

What would it look like to keep showing up to God even when you don't feel Him?

STEP 05

Move Toward Trust

Psalm 22 ends in a place David couldn't have predicted at verse 1. *"For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help."* (v.24) Lament doesn't end in despair — it ends in surrender. Not because the pain is gone, but because God is still God.

What are you choosing to trust God with — even if nothing has changed yet?

Write one sentence of surrender. It doesn't have to sound strong. It just has to be true.

What is one small step of obedience or faith you can take this week?

Lament is not the end of the story. It is the beginning of deeper trust.
Return to this worksheet as often as you need. There is no timeline on grief — only faithfulness.