

GUIDED WORKSHEET

Lament & Gratitude

Holding both at once

"Weeping may stay for the night, but rejoicing comes in the morning." -- Psalm 30:5

The Psalms hold lament and praise in the same breath. This worksheet practices both -- not to rush grief toward gratitude, but to hold the full truth that both can coexist.

Part One: Lament

What hurts today?

Name it specifically. A situation, a relationship, a fear, a loss.

Why does it matter?

What does this pain mean? Why does this hurt as much as it does?

What are you asking God for?

Not what you think you should ask for. What do you actually need right now?

Part Two: Gratitude

Three specific things you are grateful for today:

Be specific -- not 'my family' but a particular moment or person.

One you almost missed:

Something small that you nearly overlooked. A mercy hiding in the ordinary.

Faith-based journaling prompts

godistherapy.com/journal.html

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One you usually take for granted: