

## PRACTICE GUIDE

# Lament Prayer

*Honest prayer that God can handle*

---

*"How long, Lord? Will you forget me forever?" -- Psalm 13:1*

The Psalms are full of lament -- raw, honest grief brought directly to God. Lament prayer isn't complaining or a lack of faith. It is faith. It's the belief that God is big enough for your actual feelings.

## THE PRACTICE

- 1 What hurts**  
One honest sentence about what you're carrying. No performance needed.
- 2 Why it matters**  
One sentence about why this pain is real -- to you, and to God.
- 3 One small ask**  
Not what you think you should ask for -- what you actually need.

## TIP

*Psalm 13 traces the full arc: complaint, petition, and trust. You can move through all three in a single prayer.*