



## UNTANGLED MIND

PIPER HARRIS

Lament is a spiritual practice for times when our pain and suffering seem never to end. Clients can engage in a relationship with God that allows for coping to increase comfort and decrease discomfort. Follow the prompts below to create your own lament. Then practice while building your relationship with God.

*Question 1:* Address. How can you best address God in the particular circumstances that cause you to lament? ie "My God, My God"

*Question 2:* Complaint. Tell God what you're feeling; don't hold anything back for fear of hurting or shocking him. He can take it.

*Question 3:* Request. Ask God what you want him to do. Tell him plainly and clearly.



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*Question 4:* Expression of trust: Name what you believe about God's qualities, even if you don't feel your beliefs at the moment.

### *Tips & Hints:*

Try reading the Psalms. They contain lament for individuals as well as for entire communities. Considering reading *Soul Making: The desert way of Spirituality* by AW Jones.

Give this process time. If you have been raised in a religion that has taught you that you aren't "allowed" to be mad with God and rail at Him, you have been taught incorrectly. God is a God of ending love and compassion, and with that, He expects to hear our cries and groans and wants to be with us through them.