Written Lament — A gentle guide

Prayer Power · Take your time. God hears honest words.

Lament is a sacred practice of bringing your grief, confusion, and longing before God without polishing them. Use the space below to write freely. There is no “right” length.

What feels heavy or unfair right now?

What do you need God to see or remember about you or your situation?

Where do you long for comfort, justice, or healing?

One honest sentence you want to leave with God today:

“How long, O Lord?” — Psalm 13:1 · You are not alone in the asking.