**Writing a Lament**

This exercise lays out a form for writing a lament, using Psalm 22 as a template.

**Psalm 22**   *To the leader: according to The Deer of the Dawn. A Psalm of David*.

**1** My God, my God, why have you forsaken me?

Why are you so far from helping me, from the words of my groaning?

**2** O my God, I cry by day, but you do not answer;

and by night, but find no rest.

**11** Do not be far from me,

for trouble is near

and there is no one to help.

[The content of the lament]

But you, O God… (something about God that can be trusted)

For you… (something from the history of God’s work with human beings as evidence of God’s trustworthiness and care)

Therefore I shall… (the person’s response to God’s goodness)