## How to write your own lament Psalm

Write it in three parts. Ex. Psalm 13 or Psalm 60

- 1. A protest where you share your hurts with God.
- 2. A <u>request</u> where you ask God for what you need.
- 3. An <u>expression of trust</u> where you remember what God has done and lean on him as your refuge.

<u>Protest</u>
Request
Express Trust