



# *Saving Face Saving Grace*

## Monthly Wellness Tool

### **Practice of Lament**

Lament is the practice of naming and navigating personal pain, longing and loss. It is bringing praise, protest, trust & grief before God.

Create a Lament

*Use Psalm 13 (NLT) as an example*

### **1. INVOCATION: Address God and lament (Share your protest and/or grief)**

#### **Psalm 13:1-2**

*Lord, how long will you forget me? Forever? How long  
will you look the other way?  
How long must I struggle with anguish in my soul,  
with sorrow in my heart every day?  
How long will my enemy have the upper hand?*

### **2. PETITION: Make your request (Ask God for help)**

#### **Psalm 13:3-4**

*Turn and answer me, O Lord my God!  
Restore the sparkle to my eyes, or I will die.  
Don't let my enemies gloat, saying, "We have defeated him!" Don't  
let them rejoice at my downfall.*

### **3. PRAISE: Offer praise to God (Declare the saving deeds of the Lord)**

#### **Psalm 13:5-6**

*But I trust in your unfailing love.  
I will rejoice because you have rescued me. I  
will sing to the Lord  
because he is good to me.*

*Continued on back*

