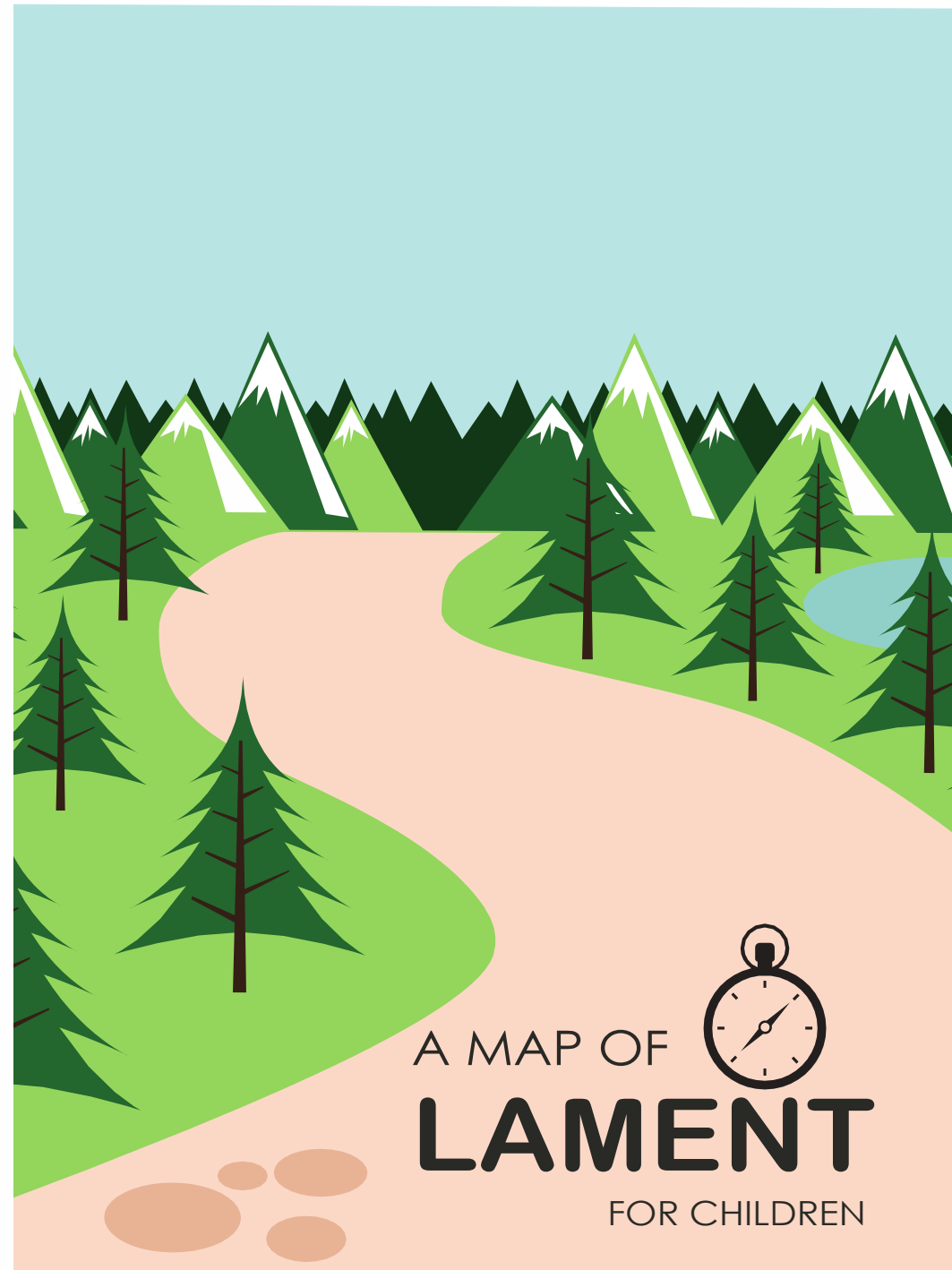



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MINISTRIES  
*Where Hope Outshines Grief*  
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# A MAP OF **LAMENT**



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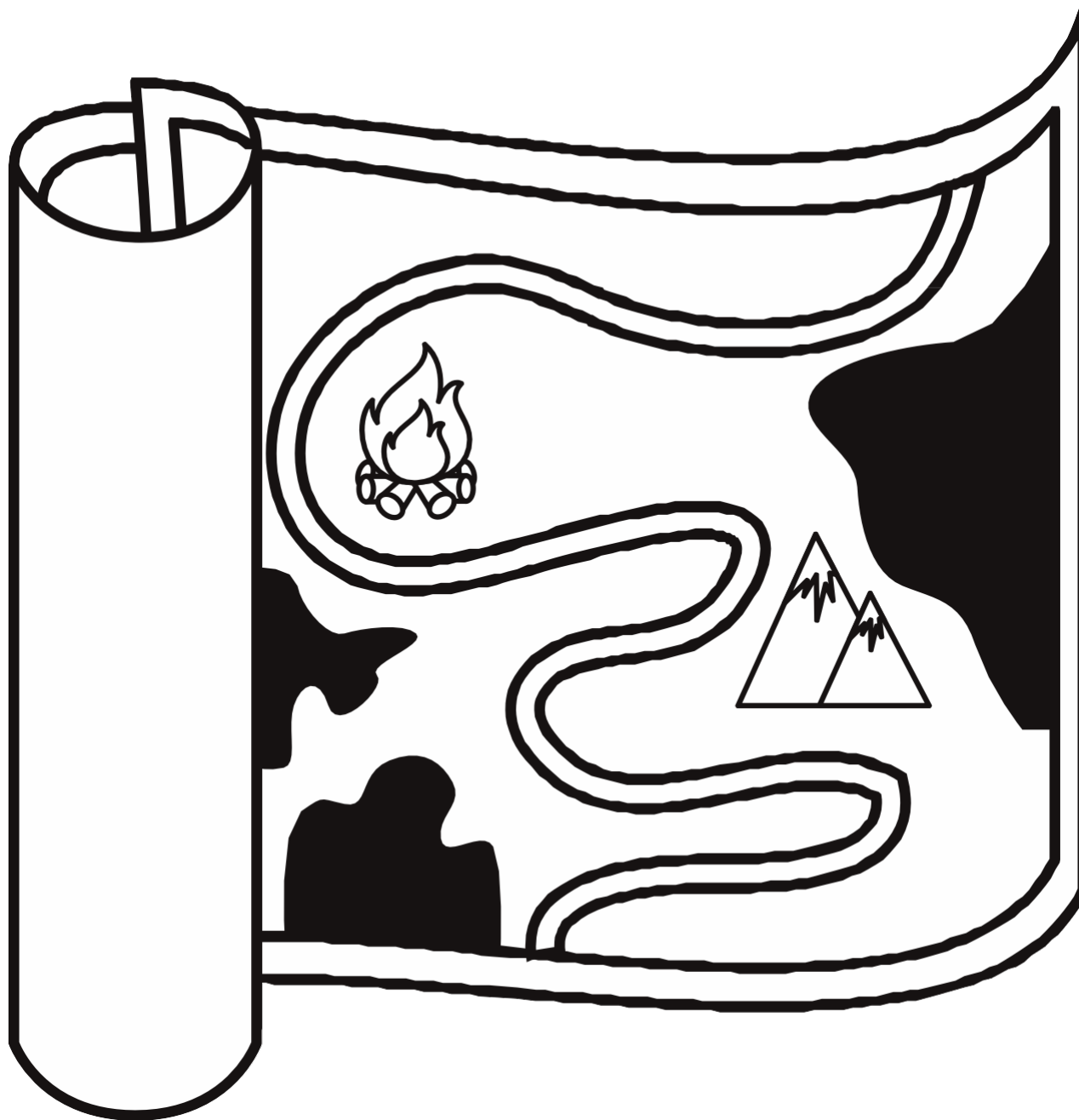
[information@starlightmin.org](mailto:information@starlightmin.org)

3376 Central Blvd

Hudsonville, MI 49426

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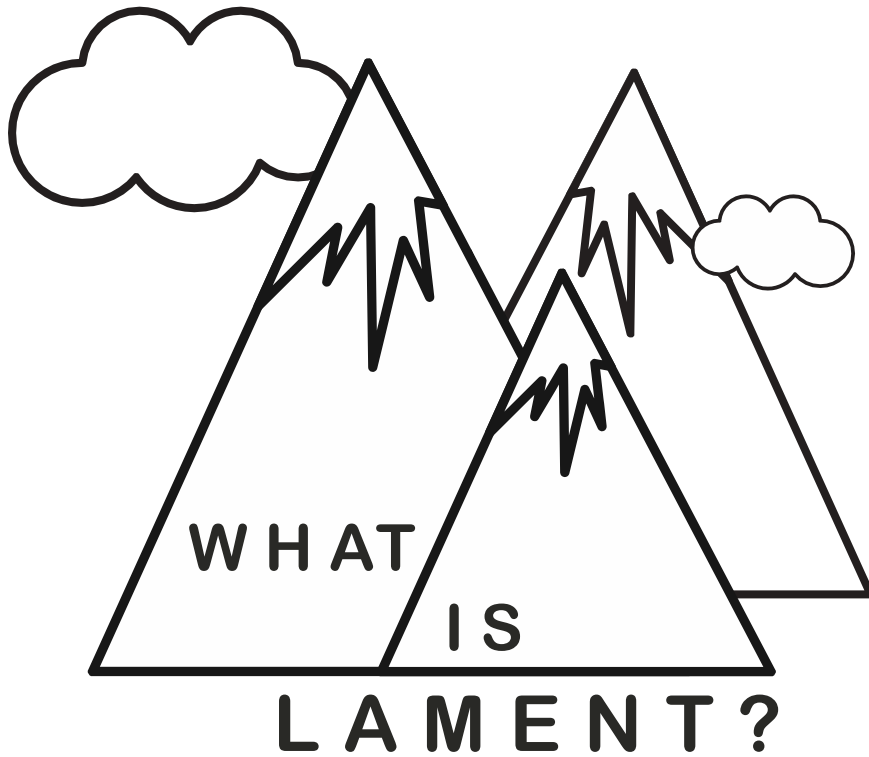
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"Lament" is a word that means to show sadness in a very deep way. When we "lament", we express our grief, our anger, our fear, and our questions out loud through shouting and crying. Practicing lament is an important part of our grief. So important, that the Bible gives us a map of how we can bring that grief to God.

Just as it's important to give praise when we are thankful, it's also important to be honest about how we feel when we are sad. It's okay to tell God what you really feel in your heart.

Lament is a journey. There is a beginning and an end, with different 'milestones' along the way. This booklet will walk through each of those milestones on the map so you can learn how to talk to God in grief. Let's start the journey!



### ASK GOD TO LISTEN TO YOU

As our Father in Heaven, God wants us to talk to Him when we are sad.

Sounds like: *"Dear God, please hear what I have to say"*



### TELL GOD HOW YOU FEEL

God knows what we feel in our minds and our hearts, so we do not need to pretend we are fine. We need to tell God the truth about our sadness.

Sounds like: *"I am sad about my life, and I'm mad that my special person died"*



### TELL GOD WHAT YOU WANT HIM TO DO

God is our Healer, our Savior, our Protector. We can tell God what we need Him to do to help us.

Sounds like: *"Help me to feel happy again. I don't want to be sad"*



### ASK GOD ALL YOUR QUESTIONS

When we are sad about our person who died, we have a lot of questions. We can bring any questions we have to God.

Sounds like: *"Why did my special person have to die? What am I going to do now that they are not here?"*



### REMEMBER GOD'S GREAT LOVE

God has shown how much He loves us through everything He has done for his people. We need to remember how God has shown His power in the past, and trust in Him to do it again.

Sounds like: *"I will trust you God, because you have given me all I need and cared for my family"*



### WORSHIP GOD WITH HOPE

Even though we are sad and confused right now, we have hope in God. We can promise to worship Him when He is faithful to answer our cries.

Sounds like: *"Even though things are bad right now, I know you will answer my prayer, and I will shout for joy when you do"*

# A LAMENT FROM THE BIBLE

## PSALM 71

<sup>1</sup> In you, Lord, is my protection.  
Never let me be ashamed.

<sup>2</sup> Because you do what is right,  
save and rescue me.  
Listen to me and save me.

<sup>3</sup> Be my place of safety  
where I can always come.  
Give the command to save me.  
You are my rock and my strong, walled city.

<sup>4</sup> My God, save me from the power of the wicked.  
Save me from the hold of evil and cruel people.

<sup>5</sup> Lord God, you are my hope.  
I have trusted you since I was young.

<sup>6</sup> I have depended on you since I was born.  
You have been my help from the day I was born.  
I will always praise you.

<sup>7</sup> I am an example to many people.  
You are my strong protection.

<sup>8</sup> I am always praising you.  
All day long I honor you.

<sup>9</sup> Do not reject me when I am old.  
Do not leave me when my strength is gone.  
<sup>10</sup> My enemies have made plans against me.  
They meet together to kill me.

<sup>11</sup> They say, "God has left him.  
Go after him and take him. No one will save him."

### ASK GOD TO LISTEN

### TELL GOD WHAT YOU WANT

### REMEMBER GOD'S GREAT LOVE

### TELL GOD HOW YOU FEEL

<sup>12</sup> God, don't be far off.  
My God, hurry to help me.  
<sup>13</sup> Let them be ashamed.  
Destroy those who accuse me.  
They are trying to hurt me.  
Cover them with shame and disgrace.

### TELL GOD WHAT YOU WANT

<sup>14</sup> But I will always have hope.  
And I will praise you more and more.  
<sup>15</sup> I will tell about how you do what is right.  
I will tell about your salvation all day long,  
even though it is more than I can tell.  
<sup>16</sup> I will come and tell about your powerful works, Lord God.  
I will tell only about you and how you do what is right.  
<sup>17</sup> God, you have taught me since I was young.  
Even until today I tell about the miracles you do.  
<sup>18</sup> Even though I am old and gray, do not leave me, God.  
I will tell the children about your power.  
I will tell those who will live after me about your might.

### REMEMBER GOD'S GREAT LOVE

<sup>19</sup> God, your justice reaches to the skies.  
You have done great things.  
God, there is no one like you.  
<sup>20</sup> You have given me many troubles and bad times.  
But you will give me life again.  
When I am almost dead, you will keep me alive.  
<sup>21</sup> You will make me greater than ever.  
And you will comfort me again.  
<sup>22</sup> I will praise you with the harp. I trust you, my God.  
I will sing to you with the lyre.  
You are the Holy One of Israel.  
<sup>23</sup> I will shout for joy when I sing praises to you.  
You have saved me.  
<sup>24</sup> I will tell about your justice all day long.  
And those who want to hurt me  
will be ashamed and disgraced.

### WORSHIP GOD WITH HOPE



# ASK GOD TO LISTEN TO YOU

## WHAT DOES THE BIBLE SAY?

### **Psalm 130:1-2**

Lord, I am in great trouble. So I call out to you for help.  
Lord, hear my voice. Listen to my prayer for help.

### **Psalm 22:2**

My God, I call to you during the day. But you do not answer.  
And I call at night. I am not silent.

### **Psalm 5:1-2**

Lord, listen to my words. Understand what I am thinking.  
Listen to my cry for help. My king and my God, I pray to you.

### **Psalm 28:1**

Lord, my Rock, I call out to you for help. Do not be deaf to me.  
If you are silent, I will be like those in the grave.

### **Psalm 57:1-2**

Be merciful to me, God. Be merciful to me because I come to  
you for protection. I will come to you as a bird comes for  
protection under its mother's wings until the trouble has  
passed. I cry out to God Most High, to the God who does  
everything for me.

How would you ask God to listen to you?

Write or draw your answer below:



### WHAT DOES THE BIBLE SAY?

#### **Lamentations 3:49-50**

My tears flow continually,  
without stopping,  
until the Lord looks down and sees from heaven.

#### **Job 3:24-26**

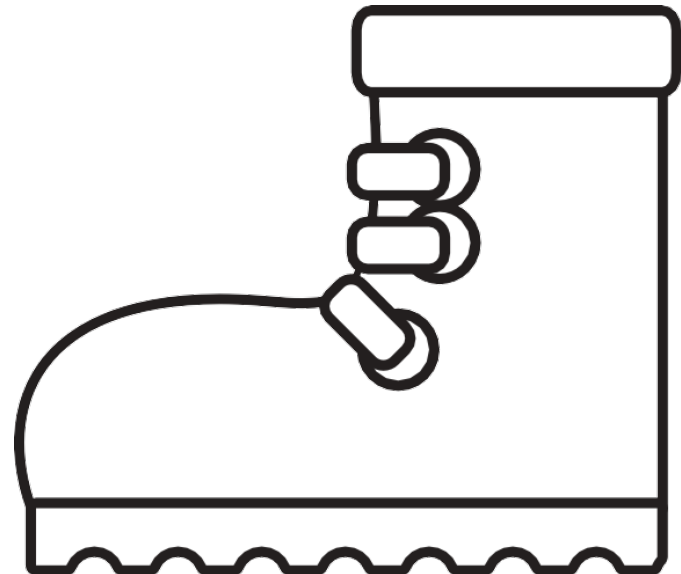
I make sad sounds as I eat.  
My groans pour out like water.  
The thing I was afraid of has happened to me.  
And the thing I dreaded has happened.  
I have no peace. I have no quietness.  
I have no rest. I only have trouble.”

#### **Psalms 42:3**

Day and night, my tears have been my food.  
People are always saying, “Where is your God?”

#### **Job 7:11-16**

So I will not stay quiet.  
I will speak out in the suffering of my spirit.  
I will complain because I am so unhappy.  
I am not the sea or the sea monster.  
So why have you set a guard over me?  
Sometimes I think my bed will comfort me.  
Or I think my couch will stop my complaint.  
Then you frighten me with dreams.  
You terrify me with visions.  
My throat prefers to be choked.  
My bones welcome death.  
I hate my life. I don’t want to live forever.  
Let me alone. My days have no meaning.



# TELL GOD HOW YOU FEEL

When our bodies are in pain, we go to a doctor to help us.  
When we feel the pain of sadness, we go to God to help us.  
When we 'lament' we tell God what is giving us pain.  
We tell God exactly what hurts, and we tell him what we  
want him to do to help us. We can tell God anything!

Write out or draw the answers to the questions on these pages.

How did you feel when you found out that your special person  
died?

How did you feel about God when your person died?

What feeling do you have about the death today?

Have you told God the truth about how you feel about  
your grief?



### WHAT DOES THE BIBLE SAY?

#### **Psalm 25:16-18**

Turn to me and be kind to me.  
I am lonely and hurting.  
My troubles have grown larger.  
Free me from my problems.  
Look at my suffering and troubles.  
Take away all my sins.

#### **Job 13:20-21**

God, please just give me these two things.  
Then I will not hide from you.  
Take your punishment away from me.  
And stop frightening me with your terrors.

#### **Psalm 10:16-18**

The Lord is King forever and ever.  
Remove from your land those nations  
that do not worship you.  
Lord, you have heard what the poor people want.  
Do what they ask. Listen to them.  
Protect the orphans. Put an end to suffering.  
Then they will no longer be afraid of evil people.



# TELL GOD WHAT YOU WANT HIM TO DO

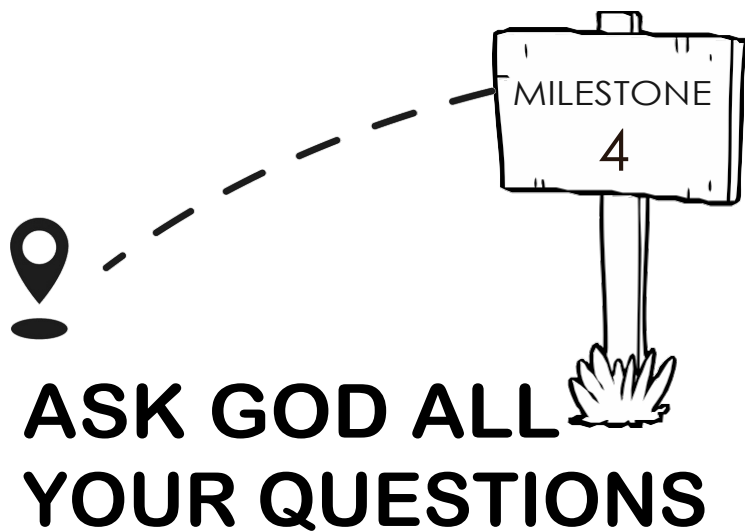
A feeling that grief can give us is anger. It's not bad to be angry! Anger is an emotion, or feeling, that we can have just like happiness or worry. What is bad is when we do wrong things because of our anger. It's important that we don't hide feeling angry from God.

Write out or draw the answers to the questions on these pages.

What makes you afraid when you think of the death of your person?

Is there something about the death of your person that makes you mad?

What do you want God to do to help you?



# ASK GOD ALL YOUR QUESTIONS

## WHAT DOES THE BIBLE SAY?

### **Habakkuk 1:2-3a**

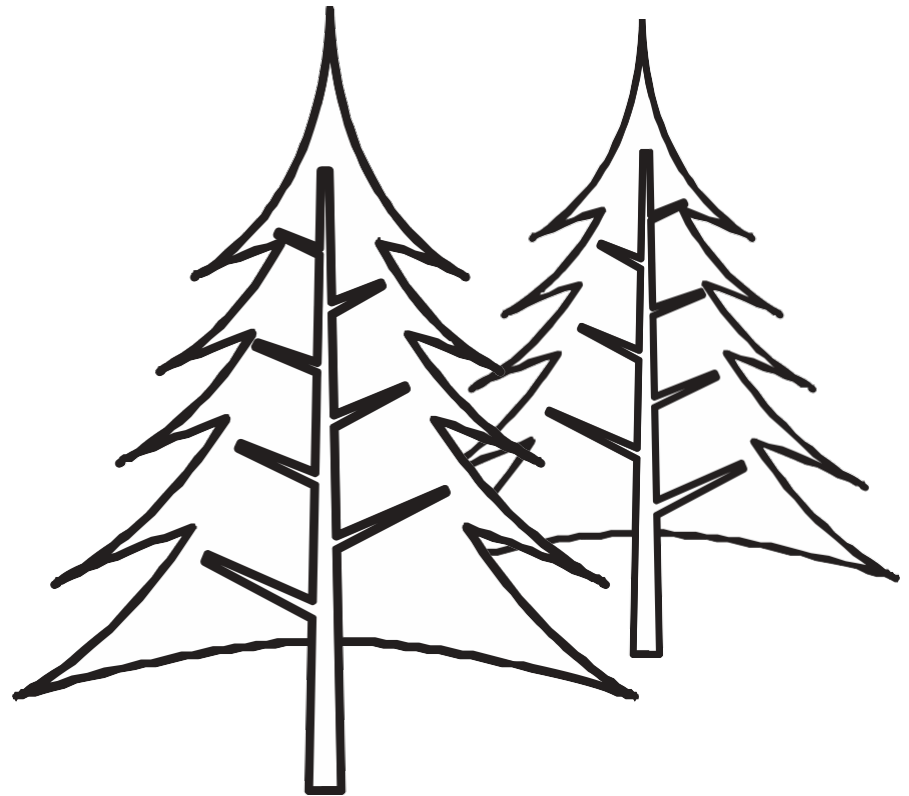
Lord, I continue to ask for help.  
How long will you ignore me?  
I cry out to you about violence,  
but you do not save us!  
Why do you let me see wrong things?  
Why do you put up with evil?

### **Psalms 43:2**

God, you are my strength.  
Why have you rejected me?  
Why am I sad and troubled by my enemies?

### **Psalms 13:1-2**

How long will you forget me, Lord?  
How long will you hide from me? Forever?  
How long must I worry?  
How long must I feel sad in my heart?  
How long will my enemy win over me?



# ASK GOD ALL YOUR QUESTIONS

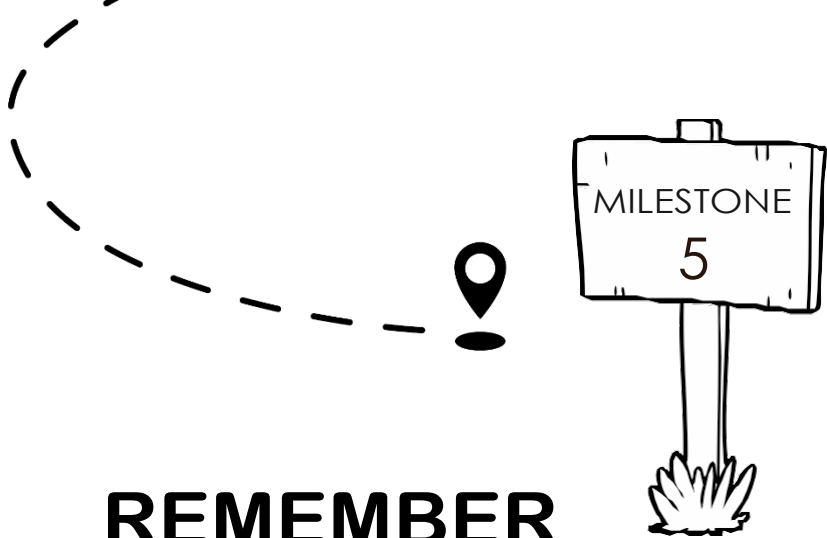
Grief gives us many questions. Another way we lament is by bringing all those questions to God. Sometimes we do not understand what God is doing. When we ask God our questions in lament, we give them over to Him in trust.

Write out or draw the answers to the questions on these pages.

What are the questions that keep repeating in your mind?

What questions you are embarrassed to ask?

Have you been honest with God and asked Him all the questions you have?



# REMEMBER GOD'S GREAT LOVE

## WHAT DOES THE BIBLE SAY?

### **Psalm 139:13-14**

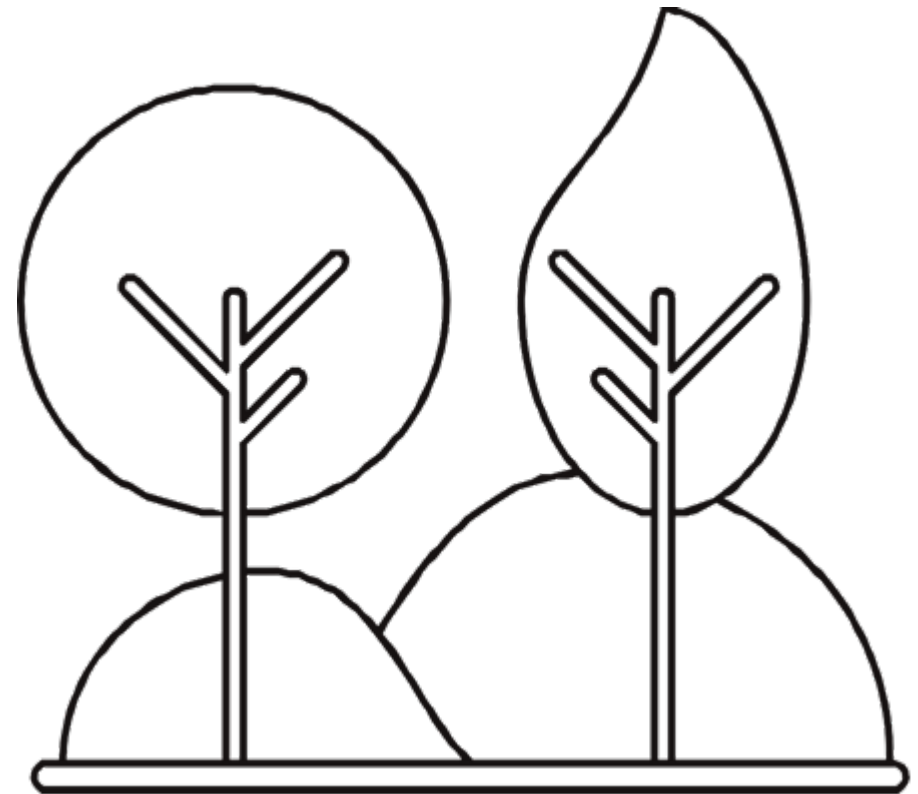
You made my whole being.  
You formed me in my mother's body.  
I praise you because you made me  
in an amazing and wonderful way.  
What you have done is wonderful.  
I know this very well.

### **Psalm 71:19-21**

God, your justice reaches to the skies.  
You have done great things.  
God, there is no one like you.  
You have given me many troubles and bad times.  
But you will give me life again.  
When I am almost dead, you will keep me alive.  
You will make me greater than ever.  
And you will comfort me again.

### **Psalm 22:3-5**

You sit as the Holy One.  
The praises of Israel are your throne.  
Our ancestors trusted you.  
They trusted you, and you saved them.  
They called to you for help.  
And they were rescued.  
They trusted you.  
And they were not disappointed.



# REMEMBER GOD'S GREAT LOVE

An important milestone of lament is remembering. This is a time for us to think back and see all that God has done. As we remember how He has been faithful, powerful, loving, and caring, we find that we can put all our trust in God. He has never let us down!

Write out or draw the answers to the questions on these pages.

What has God done for you in the past to show His love?

What has God done in the past to care for you?

Has there been a time in your life that you had to wait for God to act?



### WHAT DOES THE BIBLE SAY?

#### **Habakkuk 3:17-18**

Fig trees may not grow figs.  
There may be no grapes on the vines.  
There may be no olives growing on the trees.  
There may be no food growing in the fields.  
There may be no sheep in the pens.  
There may be no cattle in the barns  
But I will still be glad in the Lord.  
I will rejoice in God my Savior.

#### **Psalms 59:16**

But I will sing about your strength.  
In the morning I will sing about your love.  
You are my protection,  
my place of safety in times of trouble.

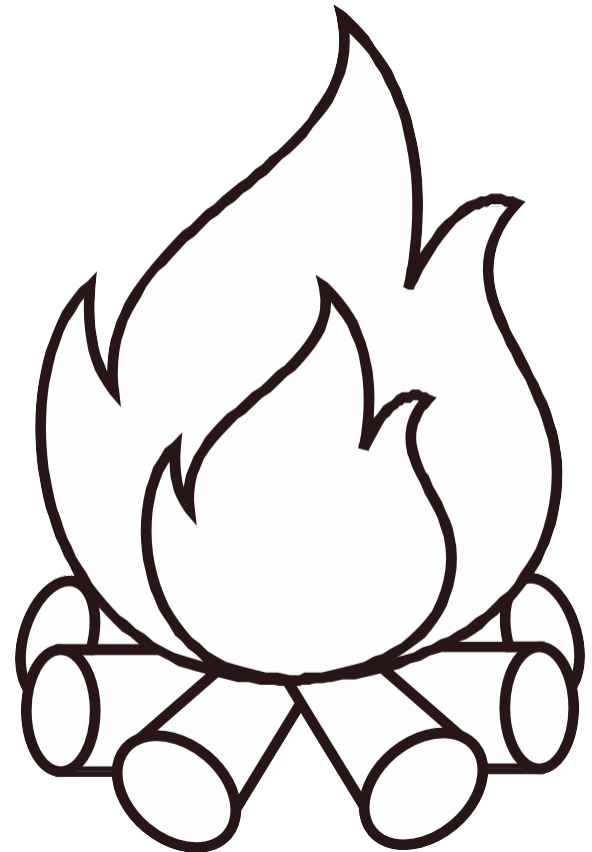
#### **Psalms 13:5-6**

I trust in your love.

My heart is happy because you saved me.

I sing to the Lord

because he has taken care of me.



# WORSHIP GOD WITH HOPE

When we follow the map of lament, we'll end at the final milestone - hope. Hope is wanting a certain thing to happen, or a feeling of trust that something will happen.

When we tell God our hope, we are giving thanks for everything He has done in our lives and trusting that He will do good things again. Even though we are experiencing grief and death, we have hope in God for the future.

Write out or draw the answers to the questions on these pages.

What is something you enjoy doing?

What is something you are looking forward to?

What hopes do you have for your future?