



# Day of Prayer & Reflection: Praying our Lament

Our community has experienced a great tragedy. In times such as these, God invites us to share with him our sorrows, our anger, our pain, our requests. The book of Lamentations, part of the Bible, was written by the prophet Jeremiah after Jerusalem was destroyed by the Babylonians. He voices his sorrow to the Lord, and also recalls his hope. If you like, use his words below to pray, or use them as a guide to write or say prayers in your own words.

## Jeremiah's prayer of pain:

How deserted lies the city,  
once so full of people!  
How like a widow is she...  
Bitterly she weeps at night,  
tears are on her cheeks. (1:1,2)  
This is why I weep  
and my eyes overflow with tears.  
No one is near to comfort me,  
no one to restore my spirit...  
the enemy has prevailed. (1:16)  
"See, Lord, how distressed I am!  
I am in torment within,  
and in my heart I am disturbed (1:20).  
My eyes fail from weeping,  
I am in torment within;  
my heart is poured out on the ground  
because my people are destroyed (2:11)

## My prayer of pain:

## Jeremiah makes his requests:

Arise, cry out in the night,  
as the watches of the night begin;  
pour out your heart like water  
in the presence of the Lord.  
Lift up your hands to him  
for the lives of your children (2:19).  
My eyes will flow unceasingly,  
without relief, until the Lord looks down  
from heaven and sees. (3:49,50)  
I called on your name, Lord,  
from the depths of the pit.  
You heard my plea: "Do not close your ears  
to my cry for relief."  
You came near when I called you,  
and you said, "Do not fear." (3:55-57)  
Restore us to yourself, Lord, that we may return;  
renew our days as of old. (5:21)

## My requests:

## Jeremiah's prayer of hope:

Yet this I call to mind and therefore I have hope:  
The steadfast love of the Lord never ceases,  
his mercies never come to an end;  
they are new every morning; great is thy faithfulness.  
I say to myself, "The Lord is my portion;  
therefore I will wait for him."  
The Lord is good to those whose hope is in him,  
to the one who seeks him; it is good to wait quietly  
for the salvation of the Lord. (3:23-26).

## My prayer of hope:



*If you need further support or someone to talk to, please do not hesitate to contact the church office at 303.402.6400 or email [questions@gracecommons.org](mailto:questions@gracecommons.org).*