



Write your own Psalm – using the model of Psalm 22. This Psalm has three broad features which form three sections to help reflect on Lament.

### Section 1

Description of the situation David finds himself in and how he is feeling about it – using detailed imagery and reflection on God’s character (vs 1-18).

### Section 2

Brief requests of what he wants God to do in his situation (vs 19-21).

### Section 3

Looking forward with hope and expectation to Jesus’ coming – both his coming to Earth to die on a cross and his return at the end of the age (vs 22-end).

You may wish to use one of these templates to help construct your Psalm.

Section 1:

The situation

Oh God .....

Why oh God .....

It feels like .....

I’m upset because ....

I’m annoyed because..

I miss .....

I’m sad because .....

Section 2:

The requests

Please .....

Rescue me .....

Defend me .....

Section 3:

Future Hope

You are Good .....

You are defender .....

You save .....

You .....

Alternatively, thinking about Lament is about thinking about the situation and how it feels but then using the simple words AND YET to consider the goodness of God and his character. You could do this line by line or in two sections.