



WAYFINDER

PRAYER AS OUR GUIDE



PRAYER OF LAMENT

TURNING TO GOD

HOW LONG, O LORD? WILL YOU FORGET ME FOREVER? HOW LONG WILL YOU HIDE YOUR FACE FROM ME? -PSALM 13:1

WHY, O LORD, DO YOU STAND FAR AWAY? WHY DO YOU HIDE YOURSELF IN TIMES OF TROUBLE? -PSALM 10:1

I CRY ALOUD TO GOD, ALOUD TO GOD, AND HE WILL HEAR ME. IN THE DAY OF MY TROUBLE I SEEK THE LORD; IN THE NIGHT MY HAND IS STRETCHED OUT WITHOUT WEARYING; MY SOUL REFUSES TO BE COMFORTED. -PSALM 77:1-2

[TAKE A FEW MINUTES IN SILENCE TO ORIENT YOUR HEART AND YOUR THOUGHTS TOWARD GOD, AND CALL ON HIS NAME. REMEMBER, YOU ARE ADDRESSING SOMEONE WHO KNOWS YOU, LOVES YOU AND IS LISTENING INTENTLY.]

PRAYER OF LAMENT

EXPRESSING YOUR COMPLAINT

I AM WEARY WITH MY MOANING; EVERY NIGHT I FLOOD MY BED WITH TEARS; I DRENCH MY COUCH WITH MY WEEPING. MY EYE WASTES AWAY BECAUSE OF GRIEF; IT GROWS WEAK BECAUSE OF ALL MY FOES. -PSALM 6:6-7

EVENING AND MORNING AND AT NOON I UTTER MY COMPLAINT AND MOAN, AND HE HEARS MY VOICE... CAST YOUR BURDEN ON THE LORD, AND HE WILL SUSTAIN YOU....
-PSALM 55:17 & 22

[TELL GOD, WITH SOME SPECIFICITY, ABOUT THE TROUBLES YOU ARE FACING. NO NEED TO HOLD BACK. GOD IS BIG ENOUGH TO HOLD WHATEVER IT IS YOU GIVE HIM.]

PRAYER OF LAMENT

MAKING YOUR REQUEST

TURN, O LORD, DELIVER MY LIFE; SAVE ME FOR THE SAKE OF
YOUR STEADFAST LOVE. -PSALM 6:4

THE LORD HAS HEARD MY PLEA; THE LORD ACCEPTS MY
PRAYER. -PSALM 6:9

[WHAT IS YOUR ASK? WHAT DO YOU NEED? TELL GOD WHAT
IT IS THAT YOU WOULD LIKE HIM TO DO FOR YOU IN THIS
SEASON.]

PRAYER OF LAMENT

CHOOSING TO TRUST

BUT I HAVE TRUSTED IN YOUR STEADFAST LOVE; MY HEART
SHALL REJOICE IN YOUR SALVATION. I WILL SING TO THE
LORD, BECAUSE HE HAS DEALT BOUNTIFULLY WITH ME.

-PSALM 13:5-6

[WHEN YOU ARE READY, TAKE A MOMENT TO CONFESS YOUR
TRUST IN HIS TIMING, HIS WILL AND HIS WAY. ULTIMATELY,
OUR GOAL AND GREATEST NEED IS DEEPER COMMUNION WITH
THE LORD.]

PRAYER OF LAMENT

GOD, FIND ME HERE
WHERE THE SUN
IS AFRAID TO SHINE!
DON'T YOU RECOGNIZE
YOUR FAITHFUL ONE?
HAVEN'T I KNOWN YOU
SINCE THE DAYS OF MY YOUTH?
HAVEN'T I SUNG YOUR SONGS
IN THE EARS OF YOUR ENEMIES?
WHY THEN ARE YOU SILENT?
WHY HAVE YOU FORSAKEN ME
AND LEFT ME TO WAIL
IN THE EMPTY NIGHT?
WHY DO YOU GIVE ME SILENCE
WHEN I ASK FOR
THE NIGHTINGALE'S SONG?

O GOD, HAVE PITY ON ME
AND ENTER INTO
THE CITY OF MY PAIN.
HEAR MY CRY
AND COME TO ME
THAT ALL MIGHT KNOW
YOUR FAITHFULNESS.
FROM THE ICY COLDNESS OF THE PIT, ...

PRAYER OF LAMENT

I WILL PRAISE YOUR NAME,
FOR LIKE A SHEPHERD
SEARCHING FOR A LOST SHEEP,
YOU WILL NOT GIVE UP
UNTIL YOU FIND ME.
HERE IN THE GLOOM
I WILL WAIT FOR THE LIGHT
OF YOUR COMING.
THEN I WILL SHOUT
THAT MY GOD IS THE GOD
WHO DOES NOT REST
UNTIL ALL ARE
GATHERED IN
FROM THE THREAT OF NIGHT.

-ANN WEEMS, LAMENT PSALM TWO,
PSALMS OF LAMENT