



4 Reflection Questions for Lament

1. First, acknowledge that sin is the cause of the brokenness and pain we experience in this world. There's no need to dwell on this long, but begin here. If you need to confess specific sin to the Lord, write it below.
2. As you look out to your community, nation, and world, what brokenness and pain exists that you want to bring before God?

3. As you look into your own thoughts, emotions, and existence, what brokenness and pain exists that you want to bring before God?

4. Take some time to reaffirm your hope in God. You might do this by rejecting things that you have put false hope in or by affirming the reasons that your hope is in God.