

Laments bring **Honesty and Truth** to Challenging Times

1. Cry out to God
2. "I trust you"
3. Rage against your enemies
4. Anything else?
5. "I know you've heard me;" praise God

Sit quietly with him

Write your own Acrostic Lament

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z