



LAMENT

**A pathway to revival and
deeper connection with
God.**

**revive
me.**

Experience Revival by Practicing Lament

Revival isn't just a momentary experience; it's a journey into the heart of God's presence, filled with hope and anticipation. It requires the courage to release our grasp on the past expectations and the comfortable familiarity of 'what was,' urging us into a posture of openness towards 'what can be.' As with all losses, we must courageously engage in the biblical practice of lament to create space for God's intended purpose.

This outline guides you through experiencing revival by practicing lament. It is designed to deepen your connection with God as you navigate the complex landscape of your heart and life's challenges. By intentionally moving through each step, you invite God's Spirit to work within you, leading you from disappointment, pain, and pride and into renewed purpose and peace.

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LOOK TO GOD

ACKNOWLEDGE THE LOSS

MEET WITH HIM IN BROKENNESS

EXPRESS GRATITUDE FOR WHAT WAS

NAME YOUR FEARS AND FRUSTRATIONS

TRUST IN GOD'S FUTURE

LOOK TO GOD

PRACTICE:

Begin with silence, focusing your thoughts solely on God's presence. Acknowledge God's sovereignty and His presence in your life and the world around you.

PASSAGE:

Psalm 121:1-2 - I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

PRAYER:

God, I know you are good and faithful, and you are here.

Help me to be more aware of your presence. Find me where I am...

ACKNOWLEDGE THE LOSS

PRACTICE:

Recognize both the realities of the world's brokenness and God's sovereignty. Allow yourself to feel deeply, to acknowledge the pain, sadness, or anger you're experiencing without judgment.

PASSAGE:

Psalm 62:8 - Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

PRAYER:

Lord, I was really hoping...

MEET HIM IN BROKENNESS

PRACTICE:

Give yourself permission to grieve losses and injustices deeply, sharing your sorrow with God. In your vulnerability, invite God into your brokenness. Sit in the discomfort, knowing God is with you in your pain.

PASSAGE:

Psalm 34:18 - The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Matthew 5:4 - Blessed are those who mourn, for they will be comforted

PRAYER:

Jesus, You are near to the brokenhearted. Be with me in the midst of this. I need your presence and peace to replace my...

EXPRESS GRATITUDE FOR WHAT WAS

PRACTICE:

Reflect on God's promises, His character, and His past faithfulness in times of trouble. Use Scripture or a spiritual song that resonates with your situation as a meditative focus.

PASSAGE:

Ecclesiastes 3:1-2 There is a time for everything, and a season for every activity under the heavens; a time to be a born and a time to die, a time to plant and a time to uproot...

PRAYER:

Thank You for the lessons and experiences of [idea/time in history]... I praise You for the growth and memories from [idea/time in history]... Help me to find peace and wisdom as I contemplate...

NAME YOUR FEARS AND FRUSTRATIONS

PRACTICE:

Write down or verbally express the specific fears, frustrations, and questions you have. Naming them can be a powerful act of acknowledging your reality before God.

PASSAGE:

Psalm 55:22 - Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

Psalm 32:8 - I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

PRAYER:

"Father, I give you my fears and frustrations knowing You care for me. I trust you with everything on my heart. Today, I'm particularly burdened by..."

TRUST IN GOD'S FUTURE (REVIVAL)

PRACTICE:

Affirm your faith in God's goodness, promises, and the hope of restoration, even in the midst of pain. Cultivate a posture of hope and expectation for God's intervention and faithfulness. Imagine the restoration and redemption that God can bring into the situations you lament

PASSAGE:

Psalm 130:5 - I wait for the Lord, my whole being waits, and in his word I put my hope.

PRAYER:

God, my hope is in you... in You, even when...

I choose to trust in You, Lord. Help me embrace what is ahead. I place my hope in Your promises, especially when...