

Lament Exercise

Psalm 3: A Model Lament

The Psalms help us to pray through our emotional struggles and to put confidence in God. Psalm 3 can be used as a template to guide your prayers in the challenges and conflicts you face.

Read the psalm meditatively. Then use the prompts below to compose your own prayer.

Scripture: Psalm 3 (NIV, NIV84)

A psalm of David. When he fled from his son Absalom.

- 1 O Lord, how many are my foes! How many rise up against me!
- 2 Many are saying of me, "God will not deliver him." Selah
- 3 But you, O Lord, are a shield around me, my glory, and the One who lifts my head high.
- 4 I cry out loud to the Lord, and he answers me from his holy mountain. Selah
- 5 I lie down and sleep; I wake again, because the Lord sustains me.
- 6 I will not fear the tens of thousands drawn up against me on every side.
- 7 Arise, O Lord! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked.
- 8 From the Lord comes deliverance. May your blessing be on your people. Selah

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Prompts: Use Psalm 3 as a template to journal or pray quietly.

- "A Psalm of (your name). When I..." Identify a situation in your life that is troubling you.

- "O Lord, how many are my foes..." Describe your struggle or conflict:

- "Many are saying of me..." Describe the criticisms that other people, Satan or your own internal critic are judging you with.

- “But you, O Lord, are a shield around me, my glory, and the One who lifts my head high.” Picture the Spirit of Christ surrounding you to protect you.

- “I cry out loud to the Lord, and he answers me...” Give thanks to God for the good and redemptive things he’s doing for in the spiritual reality of His Kingdom.

- “I lie down and sleep... I will not fear...” Pray to trust God for peace and protection.

- “Arise, O Lord!... Strike all my enemies...” Tell God, the Righteous Judge and your Deliverer, your feelings of anger or hurt and what you want you want him to do.