

UNIT 2
HOW TO PRAY THE PSALMS

Lament Template

<p>Psalm 13:1-2</p> <p><i>O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?</i></p>	<p>Protest — <i>What is your honest complaint to God right now?</i></p>
<p>Psalm 13:3-4</p> <p><i>Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die. Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.</i></p>	<p>Prayer — <i>What are you asking of God?</i></p>
<p>Psalm 13:5-6</p> <p><i>But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the Lord because he is good to me.</i></p>	<p>Praise — <i>How can you honor God for who He is and what He's done?</i></p>