

Try writing your own **PSALM OF LAMENT**.

Your team will work together to write the psalm. Think of it as a psalm that expresses concern to God about a specific situation and asks God to help.

Follow these steps:

1. [Opening one or two lines] Decide what name you will use for God.
2. [Two or more lines] Identify a tragedy, disaster, or injustice that has recently affected people in your school, community, country, or world. Describe what has happened, using vivid details and descriptions.
3. [Two or more lines] Add the lament: Tell God how you feel about this event or situation. Be as honest as you can. Don't hold back!
4. [Two or more lines] Add a plea: Suggest what could be done to improve the situation or to help the people who have been hurt.
5. [Two or more lines] Help: Ask God to help. How specifically do you want God to respond?
6. [Closing one or two lines] Thanks: Thank God for hearing you and being present in this situation.