**Psalms of Lament**

A lament is a passionate expression of grief or sorrow. As the Bible illustrates there are many times in the human existence that are difficult, emotional, depressing or overtly sad. Learning to express our grief, pain, and sorrow to God is a very important and healthy form of life.

The Psalms listed below are some of the key places in the Scripture that you can use to enable you to have those difficult conversations with God. There are many more, not to mention the book of Lamentations itself, but these represent a place to begin. I have included these references to give you a taste of the individual Psalms. My point is this: Go to your Father and release your pain, your complaint, your lament and you will find a place where healing can begin.

**Psalm 6**

6:2 Be gracious to me, O LORD, for I am languishing;

heal me, O LORD, for my bones are troubled.

**Psalm 10**

10:1 Why, O LORD, do you stand far away?

Why do you hide yourself in times of trouble?

**Psalm 38**

Psalm 38:3-4 There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.

For my iniquities have gone over my head; like a heavy burden, they are too heavy for me.

**Psalm 102**

Psalm 102:1-3 Hear my prayer, O LORD; let my cry come to you!

Do not hide your face from me in the day of my distress!

Incline your ear to me; answer me speedily in the day when I call!

For my days pass away like smoke, and my bones burn like a furnace.

**Psalm 130**

Psalm 130:3-4 If you, O LORD, should mark iniquities, O Lord, who could stand?

But with you there is forgiveness, that you may be feared.