## **My Prayer of Lament**



<u>Address</u>	Dear,
Who are you speaking to, Jesus, God, Father, Holy Spirit, provider, God of Peace, Creator, Healer, Comforter, Refuge,	
Reason	
Sickness, cancer, injustice, poverty, relationship break up, fighting with friend, loss of loved one, racism, bullying, natural disasters, lost trust in God.	Is not right or how it should be.
<u>Trust</u>	But God,
I will trust in you for I know the Holy Spirit is with me, I trust your will, I will trust, I will try to trust in you.	
Plea for help	Please Lord,
Rescue me, come to me, guide me, give me strength, help me to understand. Help me to trust, help me be courageous.	
<u>Praise</u>	Thank you
You're strong and mighty, you are a good Father, I worship you. Jesus you are my saviour, you are the creator of the universe, Thank you that you paid the price of death for me. Holy Spirit you are my comforter and guide.	
	Amen