We’d like you consider conducting a Mission and Outreach audit of your community through a lamenting psalm. This will help you to identify and feel the pain of your community, to see their needs and to life them up to God through your own lament.

By creating a lamenting psalm, not only are you seeing and understanding the needs of your own community, but you’re creating a prayer to integrate this into your personal and church-based prayer life.

When you’re done, I’d love it if you could email it to me at [christopherauckland@churchinwales.org.uk](mailto:christopherauckland@churchinwales.org.uk) and even consider sharing it via social media.

Below is a template to help you get started, along with Psalm 13 to show you an example of how a lamenting psalm fits into the template. You don’t need to include each element in your own psalm, all you absotely need is the complaint.

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| **Element** | **Psalm 13 Example** | **Notes for your own** |
| **Address to God**  **(Usually ‘O Lord’ or ‘O God’)** | Verse 1  *How long, O Lord?* |  |
| **Review of God’s faithfulness in the past** |  |  |
| **The complaint** | Verses 1 and 2:  *How long, O LORD? Will you forget me for ever?*  *How long will you hide your face from me?*  *How long must I bear pain in my soul, and have sorrow in my heart all day long?*  *How long shall my enemy be exalted over me?* |  |
| **A confession of sin or a claim of innocence** |  |  |
| **A plea for help** | Verses 3 and 4  *Consider and answer me, O LORD my God!*  *Give light to my eyes, or I will sleep the sleep of death,*  *and my enemy will say, ‘I have prevailed’;*  *my foes will rejoice because I am shaken.* |  |
| **God’s Response (though not always directly stated)** |  |  |
| **A vow to praise or a statement of trust in God** | Verses 5 and 6  *But I trusted in your steadfast love;*  *my heart shall rejoice in your salvation.*  *I will sing to the LORD,*  *because he has dealt bountifully with me.* |  |