

# RH Kidz,

## Prayers of Lament

Here is information about praying prayers of lament. You can do this with your child. Having our community rise up against racial inequality gives an opportunity for lament and suffering to be expressed.

Prayers of lament come from our hearts. They come through quiet and reflection. They are different from dinner time prayers or bedtime prayers. They are specific prayers that are reflective and take time.

This is something that you can do as a family or individual alone or you can join with the church community or larger community.

Being in community during lament brings unity. It brings one voice forth and connects people as they face pain and suffering.

The Bible talks about this:

“Why do you make me look at injustice? Why do you tolerate wrongdoing?”

Destruction and violence are before me; there is strife, and conflict abounds.

Therefore, the law is paralyzed, and justice never prevails.  
The wicked hem in the

righteous, so that justice is perverted” –Habakkuk 1:3-4

When we pray a lament, we share thoughts, feelings and expressions and then respond with the words “Yet I will.” At that point we share news about our great God and Savior. We can’t leave God out as He is powerful.

God’s presence over that which grieves you.

"THOUGH the fig tree does not bud and there are no grapes on the vines, though the

olive crop fails and the fields produce no food, though there are no sheep in the pen

and no cattle in the stalls, YET I will rejoice in the LORD, I will be joyful in God my

Savior.” –Habakkuk 3:17-18

## **A Prayer of Lament for Kids**

Jesus I am (share emotion such as sad) about

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It is not right that \_\_\_\_\_ (name the problem) happened

But even though I am (emotion such as sad), I remember that you love me and will never leave me.

\_\_\_\_\_ (names of people) are (emotion such as sad), too.

Yet, in my sadness (or emotion) I will say and believe that you, Jesus, are great and more loving that \_\_\_\_\_ (the problem) that makes us sad (name the emotion like sad). You love us and are a big God. You care about our feelings. We have hope for the future and believe you will help in real ways. In Jesus' name we pray, Amen.

Blessings,

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