

“No One Comfort”
Lamentations 1, Page 621

Write Your Own Lament: Listen to your heart. What emotions are you feeling? What is at the root of your anger, sadness, or fear? What’s broken or lost? Express your feelings to God trusting that He wants an authentic relationship.

1.

2.

a.

b.

c.

3.

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are those who mourn,
for they will be comforted.” (Matthew 5:3-4)