

“Great is Thy Faithfulness”
Lamentations 3, Page 623

When we learn to lament, we...

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3.

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.

Celebration of Discipline: the Path to Spiritual Growth by Richard Foster
Spiritual Disciplines Handbook: Practices that Transform Us by Adele Calhoun