

MILLION PRAYING MOMS



*a collection of prayers to help
you tell God how you feel*

15 PRAYERS OF LAMENT

GINA SMITH

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a collection of prayers to help you tell God how you feel

Gina Smith

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*This is a bonus chapter to *Everyday Prayers for Joy*, a 30-day prayer journal for women, by Gina Smith. It is not intended to be a thorough resource on the Prayer of Lament, but rather to provide a variety of Prayers of Lament based on Bible verses or passages that meet you where you are and help you express to God what's going in your heart. Simply scroll and scan the topics to find a prayer that meets your current need.*

*To learn more about the Prayer of Lament—its origins, purpose, and biblical use—please purchase your copy of *Everyday Prayers for Joy* anywhere books are sold.*

A Prayer for When You Feel Your Efforts are Wasted

"But as for me, my feet had almost slipped; I had nearly lost my foothold. Surely in vain I have kept my heart pure and have washed my hands in innocence. All day long I have been afflicted, and every morning brings new punishments. When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you. Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory. Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Those who are far from you will perish; you destroy all who are unfaithful to you. But as for me, it is good to be near God. I have made the Sovereign Lord my refuge; I will tell of all your deeds" (Psalm 73:2,10-13, 21-28).

Prayer of Lament: Father, sometimes it feels like all I am doing every day, and all my efforts to try to live the way I am supposed to are for nothing. Life is hard. The battle is intense. I often feel like I am not having victory or growing at all. But then I am reminded that You are the One who holds me up, strengthens me every moment, and never leaves me. You are the One I can go to for help and safety. Thank You for being there. I need You!

A Prayer for When You Don't Feel Like You Fit In

"Be merciful to me, my God, for my enemies are in hot pursuit; all day long they press their attack. My adversaries pursue me all day long; in their pride many are attacking me. When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me? I am under vows to you, my God; I will present my thank offerings to you. For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life" (Psalm 56:1-4,12-13).

Prayer of Lament: Father, I am so discouraged. There is so much division, even among people who call themselves believers. I often feel like I am on the outside looking in. I've been gossiped about and labeled. I feel like I don't fit anywhere. When I look in Your Word, I see that the only audience I need to be concerned with is You. You will never turn Your back on me. In You I find life and light. You will sustain me, regardless of what people say or do. Thank You!

A Prayer for When Your Burdens are Heavy

“Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved. Listen to my prayer, O God, do not ignore my plea; hear me and answer me, My thoughts trouble me and I am distraught. My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me. I said, ‘Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert; I would hurry to my place of shelter, far from the tempest and storm.’ As for me, I call to God, and the Lord saves me. Evening, morning, and noon I cry out in distress, and he hears my voice. He rescues me unharmed from the battle waged against me, even though many oppose me. God, who is enthroned from of old, who does not change—he will hear them and humble them, because they have no fear of God. Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken” (Psalm 55:1,2,4-8, 16-19).

Prayer of Lament: Father, I need You to carry my burdened heart because it is just too much for me. Please hear me and fulfill Your promises to me. I am fearful and overwhelmed by all that is going on around me. I need rest. I need peace. Thank You for the promise that You will sustain me and never allow me to be shaken. Please give me a peace that is beyond my understanding.

A Prayer for When You Feel Weighed Down by Sin

“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me...Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me...” (Psalm 51).

Prayer of Lament: Father, I feel so weighed down by my own sinfulness and failure to honor You. Sometimes this is all I can see, and then I find myself living under a cloud of condemnation. This is not what You want for me! Thank You that Your Son's death on the cross has covered all of my sin and that, if I confess my sin, You are faithful to forgive my sin and cleanse me from all unrighteousness. As I confess my sin, please restore to me the joy of Your salvation.

A Prayer for When You Feel Overwhelmed by Current Events

"God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall;

God will help her at break of day....The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth...He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth,' The Lord Almighty is with us; the God of Jacob is our fortress" (Psalm 46).

Prayer of Lament: Father, whenever I watch the news or read an article online, it seems like the world is getting worse by the day. We live in very troubled times! Division. Fighting. Sickness. Natural disasters. It's overwhelming. Your Word is the only place where I can find true and lasting help, hope, and peace. It is not found anywhere else. Thank You for providing for us all that we need to find peace in this life.

A Prayer for When You Don't Know How to Respond to the Actions of Others

"Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil. For those who are evil will be destroyed, but those who hope in the Lord will inherit the land. I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. They are always generous and lend freely; their children will be a blessing. Turn from evil and do good; then you will dwell in the land forever.

For the Lord loves the just and will not forsake his faithful ones" (Psalm 37:7-9; 26-28).

Prayer of Lament: Father, I am speechless. In some of the circumstances I find myself in, I don't know what to say or do. I am disappointed in people, saddened that they are blind to what they have done, and even a bit confused that they think they are justified in their responses. Even though I am facing all of this, I want to honor You. I don't want to sin in how I respond, even in the secret places of my heart. I place my trust in You and not in people. I know You will never let me down. I want to be like You. I want to love others like You do.

A Prayer for When You're Afraid of an Unknown Future

"I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; he saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and he delivers them. The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the Lord delivers him from them all (Psalm 34: 4-7; 17-18).

Prayer of Lament: Father, I am afraid. The future is unknown and what is going on right now is confusing and scary. I am troubled. I am broken-hearted because of what I see going on around me. You tell me in Your Word that You hear me, You are there for me, and You are close to me. I choose to believe Your Word. Thank You!

A Prayer for When You're Struggling to Confess Sin

"When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And you forgave the guilt of my sin. Therefore, let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them. You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Many are the woes of the wicked, but the Lord's unfailing love surrounds the one who trusts in him. Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart" (Psalm 32:3-7, 10,11)!

Prayer of Lament: Father, sometimes I am too embarrassed and ashamed to confess my sin, so I avoid spending time with You. There are even times when I will justify my sinful behavior. Both of these things are wrong and hinder my walk with You. Both of these things are schemes Satan uses to keep me from honoring You. I know that the best thing I can do is to acknowledge and confess my sin so I can be in fellowship with You. Thank You for loving me. Thank You for being patient with me.

A Prayer for When the Voice of the Enemy Says You Can't

"Hear my voice when I call, Lord; be merciful to me and answer me. My heart says of you, 'Seek his face!' Your face, Lord, I will seek. Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, God my Savior. Though my father and mother forsake me, the Lord will receive me. Teach me your way, Lord; lead me in a straight path because of my oppressors. Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations. I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord" (Psalm 27:7-14).

Prayer of Lament: Father, I often hear the voice of the enemy whispering in my ear, telling me that I've blown it too many times and that I no longer deserve to be Your child. He tells me I've failed and that I am a hypocrite. He tells me I am not good enough to fulfill the calling You have given me. I know those are all lies! Instead, I am choosing to look to You and cling to Your word that says You will never reject or forsake me. I will wait for You and find my strength and forgiveness from You. Thank You!

A Prayer for When it Seems Like the Wicked are Winning

"The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid? When the wicked advance against me to devour me it is my enemies and my foes who will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident" (Psalm 27:1-3).

Prayer of Lament: Father, when I look around me it seems like the wicked in the world are winning. Their voices are the loudest and they are drowning out all that is good and godly. It is tempting to fall into despair and hopelessness. Sometimes I don't even want to go out of my front door! You are the One that keeps me going. You are my light and my salvation! Whom shall I fear? You are the stronghold of my life--of whom shall I be afraid? Help me keep my eyes on You as I walk through these dark days!

A Prayer for When You're Walking Through a Dark Valley Alone

"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever" (Psalm 23:4-6).

Prayer of Lament: Father, I am walking through a very dark valley. It's one of those dark valleys that no human can really enter with me. It feels like I have to walk it alone. It's scary. It causes me to long for heaven. Your Word tells me that no matter what, You are walking beside me. I am not alone. You are good, and You love me. Thank You for those truths I can cling to during this difficult time.

A Prayer for When You Feel the Heaviness of Your Circumstances

"Do not withhold your mercy from me, Lord; may your love and faithfulness always protect me. For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me. Be pleased to save me, Lord; come quickly, Lord, to help me. But may all who seek you rejoice and be glad in you; may those who long for your saving help always say, 'The Lord is great!' But as for me, I am poor and needy; may the Lord think of me. You are my help and my deliverer; you are my God, do not delay" (Psalm 40:11-13).

Prayer of Lament: Father, today I woke up and felt a heaviness that caused me to want to stay in bed all day! I am overwhelmed by the things in my life that are difficult. Relationships are broken. Disappointments. Unfulfilled dreams. Uncertainty. When I read the words in this verse, I see that I am to, "rejoice and be glad in You." Help me take my focus off of my troubles and focus on, and rejoice in, who You are and all You have done.

A Prayer for When You Can't Face the World Alone

"In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. He reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the Lord was my support. He brought me out into a spacious place; he rescued me because he delighted in me"
(Psalm 18:6; 16-19).

Prayer of Lament: Father, the sin and sickness of this world is too big for me to face alone. I cannot deal with any of it. It scares and intimidates me. It exposes my weakness. It can even cause me to wonder if it will ultimately take over and win in the end. I am desperate for You and I need Your help. I need You to come to my rescue. The enemy is powerful, but You are more powerful. The enemy wants to tear me down, but You want to support me. The enemy wants to back me into a corner and consume me, but You want to bring me out into a spacious place and rescue me. The enemy delights in my defeat, but You delight in me. You love me.

A Prayer for When You Can't Hear God Over the Noise

"To you, Lord, I call; you are my Rock, do not turn a deaf ear to me. For if you remain silent, I will be like those who go down to the pit. Hear my cry for mercy as I call to you for help, as I lift up my hands toward your Most Holy Place. Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. The Lord is the strength of his people, a fortress of salvation for his anointed one. Save your people and bless your inheritance; be their shepherd and carry them forever" (Psalm 28:1,2; 6-9).

Prayer of Lament: Father, there are so many voices screaming for my attention and I can hardly hear Your voice. I want to hear You! I need to hear You. I call out to You for help. I need Your strength and Your help. Thank you for being a Good Shepherd!

A Prayer for When it Feels Too Hard to Continue

"Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. You are God my stronghold. Why have you rejected me? Why must

I go about mourning, oppressed by the enemy? Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre O God, my God. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God" (Psalm 43).

Prayer of Lament: Father, it is getting harder and harder to live in this wicked world as a believer. There is so much chaos and unrest. I find it can be difficult to not be overwhelmed by it. It causes me to become anxious and even hopeless at times. When this happens, please remind me of where my hope comes from, and that I need to focus my gaze on You, my Savior and my God.

About the Author

Gina is a writer, author, and has been married for 32 years to Brian, a college professor and athletic trainer. For 25+ years she and her husband served on a Christian college campus as the on-campus parents, where Brian was a professor and dean of students. They reside right outside of Washington DC and are the parents of two grown children, one daughter-in-law and one son-in-law. Now an empty-nester, Gina has transitioned her ministry from full-time mom and part-time writer, to being a mom who is available to her adult children as much as they need her and writing as much as she can [at her blog](#).