

Individual Lament Genre (from Claus Westermann)	Example: Psalm 13	Prayers (each part of the lament is a different “movement” of prayer)
I. Address initial cry for help turning to God  (community lament may recount God’s past saving deeds)	[1... O LORD...]	What should I be bringing to you, God? Why should I bring it <i>to You</i> to deal with? What about Your nature is relevant to my problem?
II. Lament/Complaint subjects: God (thou), I foes  features: trouble fundamentally relational (w/ God, self, others); description and questions re: problem/ crisis of any kind (in penitential it is sin); claim of innocence; initial plea; condemn foes	(1) How long, O LORD? Will you forget me forever? How long will you hide your face from me?  (2) How long must I take counsel in my soul and have sorrow in my heart all the day?  How long shall my enemy be exalted over me?	What is really going on inside of me – what brokenness do I discover in me? What am I feeling? How am I reacting? When this problem afflicts me, how am I relating to you, God? How am I relating to myself? How am I relating to others (trying to impress them, control them, protect myself from them)? What is the raw stuff I want to tell you, God?
III. Petition: hear! save! punish!  features: plea for God's intervention; often “save” or “deliver”; a “double wish” intervention <i>for</i> petitioner <i>against</i> enemies.	(3) Consider and answer me, O LORD my God;  light up my eyes, lest I sleep the sleep of death,  (4) lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.	Help me pray for the correct thing, Father, the thing I most truly need! Direct my prayer! What should I ask you with respect to myself, our relationship, and others?
IV. Turning Point  Confession of Trust (after lament) – lament turned to praise OR Assurance of Being Heard (after petition) – asking turned to receiving an answer  features: adversative “but,” a reversal or turning point where God intervenes; theological focus; “but” designates the transition from petition to praise	(5) But I have trusted in your steadfast love; my heart shall rejoice in your salvation.	How is Jesus showing up to free me? How is the Spirit showing up to empower or comfort me? What was binding me to my distress that I can now relinquish to You? What provision do You have for me to receive?
V. Response of Praise  vow (promise) to God; doxology (praise to God)	(6) I will sing to the LORD, because he has dealt bountifully with me.	What do I need to “let out” or release for Your praise? How should I radiate You to others? What commitments must I now make to stay true to what You have done for me?

more laments 3 4 5 6 7 10 11 12 13 14 16 17 22 23 25 26 27A 28 31 35 36 38 39 40 41 42 43 51 52 53 54 55 56 57 58 59 61 62 63 64 69 71 73 77 86 88 94 102 109 120 123 130  
community lament psalms: 44 60 74 79 80 83 89, elements in 68 82 85 90 94 106 115, also in much of Lamentations, Jer. 14, Isa. 63:7-64:12, Hab. 1, etc.