

Palms of Lament

The Book of Psalms are a school of prayer nestled within the heart of the Bible that provide us words and a language of prayer when our own words fail us. They are especially valuable for those times of powerful experiences of joy and gratitude as well as challenges, sorrow and even anger. The Psalms of Lament provide us with a language of the heart and soul for some of the most distressing moments of human experience. When we feel alone, abandoned, anxious, afraid, or in deed physical, psychological, or spiritual pain, the psalms can give us a voice to speak exactly how we feel out loud. These psalms remind us that not only is God not afraid of our strongest feelings and most challenging experiences, but He invites us to bring all of these into the safe space of His presence.

The following Psalms of Lament can be prayed as they are, or as part of a deeper, [Lectio Divina](#) contemplation:

Psalm 3
Psalm 6
Psalm 13
Psalm 22
Psalm 25:1-2, 16-21
Psalm 28
Psalm 31:1-5, 9-16
Psalm 42

Psalm 44
Psalm 56
Psalm 57
Psalm 71
Psalm 77
Psalm 86:1-4, 14-17
Psalm 142



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