

Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Festive	Exhilarated	Ecstatic
Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated
Fuming	Frightened	Angry	Nervous	Restless	Energized	Lively	Excited	Optimistic	Enthusiastic
Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Focused	Happy	Proud	Thrilled
Repulsed	Troubled	Concerned	Uneasy	Peeved	Pleasant	Joyful	Hopeful	Playful	Blissful
Disgusted	Glum	Disappointed	Down	Apathetic	At Ease	Easygoing	Content	Loving	Fulfilled
Pessimistic	Morose	Discouraged	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched
Alienated	Miserable	Lonely	Disheartened	Tired	Relaxed	Chill	Restful	Blessed	Balanced
Despondent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfortable	Carefree
Despairing	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene

LOW PLEASANTNESS ← → HIGH PLEASANTNESS

← → HIGH ENERGY

← → LOW ENERGY

Take a minute to consider the emotions listed on the chart and check in with yourself:

- What emotions do you feel in general this morning?
- Specific to this conversation, what are the emotions that you tend to feel/are feeling this morning?
- Do you tend to express these emotions, and if so, how? (Healthy/unhealthy ways)
- Are you tempted to numb out, and if so, how? (vs. having healthy boundaries)
- Why is understanding our emotional state important in this conversation?

“a blessing when it is all just too much” - Kate Bowler (shortened)

God, I don't know how to say this any other way: this is just too much.
I am in a body that needs healing, in a world that needs healing, and I am overwhelmed.

O God, please start it now, the promised beautiful healing of the nations, with me in it.
I can't wait any longer.

God have mercy.
Christ have mercy.
Spirit have mercy.

...

Blessed are we who pray, o God heal us all, each one:
the old and the young, the sorry and sad, the angry, the vengeful, the mindless, the innocent,
the misguided, the snide, the cruel and powerful, the weak and the frail, the prisoners and
protesters, the politicians and police, scientists and engineers, the nurses and doctors, the
workers and unemployed, all the sick, the hungry, poor and homeless, the lonely and the dying,
every soul in all your creation. O God establish Your reign! Let goodness prevail.

Blessed are we, in the midst of it all,
Who say to You O God, what can we do in face of such sorrow?

We can lament honestly, and pray continually,
and be truly glad for others when relief comes,
for we are not diminished by it. But rather,
emboldened to pray:
me too, Lord!
for my hope is in You.

God will wipe every tear from their eyes. there will be no more death or mourning or crying or
pain, for the old order of things has passed away. Rev. 21:4

God have mercy.
Christ have mercy.
Spirit have mercy.

Questions for Consideration:

1. What language would might you include if you were to write a prayer of lament? What would you name out loud before God as a grief or grievance? What would you ask God to hear and/or do?
2. Write a prayer of lament.