



*Psalm 22: 1-5*

My God, my God, why have you forsaken me?

Why are you so far from helping me,  
from the words of my groaning?

O my God, I cry by day, but you do not answer;  
and by night, but find no rest.

Yet you are holy,

enthroned on the praises of Israel.

In you our ancestors trusted;

they trusted, and you delivered them.

To you they cried, and were saved;

in you they trusted, and were not put to shame



## L A M E N T

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1. Turn to God
2. Honestly bring your complaint to God
3. Lay your request before God
4. Trust in God's faithfulness