

# Lament Sentence Stems

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## **Pain – Grief and Loss**

Things I remember from before my loss are...

I have regret about...

Some things I would like to have back are...

I miss...

What I expected from life was...

Before the loss, I thought the future would look like...

When I think of... I feel...

My belief in God used to be...

My belief in God now is...

Some questions I have about life are...

I would like to ask God...

I am angry that God [did or didn't]...

I thought that God was...

I wish people understood that...

I feel angry about...

I feel sad about...

I feel scared about...

I feel alone when...

## **Pivot – Turning to God**

I know deep down that God...

I trust that God is...

I have known God to...

I have heard and seen that God...

I have hope that...

I have hope that God will...

I know that God is able to...

I have experienced comfort by...

I have been changed for the better...

I have a new understanding of...

Things in my life that are still good are...

I have already experienced...

I feel pain and sadness and I also feel...

I know now about myself that...

## **Promise – Our Redeemer Lives**

I believe that in the future...

I believe God's promise to me that...

I am no longer afraid of...

God could bring good out of this by...

God has already brought good out of this by...

I am surprised in a good way that...

People have encouraged me with promises and words like...

God has directly communicated with me encouragement by...

I believe that the future God has for me is...

I believe that the future God has for my family is...

I remember hearing about how God...

I believe that God will give me the strength to...

I know that God will never...

I know that God will always...