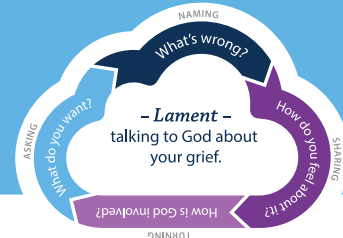


LAMENTING – HOW TO GUIDE A CHILD



Invite your child to start at any part on the edge of the cloud. If you notice that there is a struggle to read what it says, help by reading it with your child. Allow space and time to share as much or as little as wanted. Tracing the cloud can be silent or some may want to talk through it. It can be helpful to offer the reminder to take as much time as wanted to do each part and then to move along the arrows to the next. Moving along the edge of the cloud is encouraged until the starting point is reached. Going around again or multiple times can be encouraged. If there is hesitation or any part feels strange, model out loud how you would move along the cloud so that how you lament can be heard.

NAMING – What’s wrong?

Invite your child to notice what feels unfair, painful, or confusing. Encourage honesty, even if the words sound messy. Offer the reminder that God welcomes truth, not perfect answers. Give time and space to express what feels wrong.

SHARING – How do you feel about it?

Help your child connect words and emotions. Ask, “How does your heart feel?” or “What does your body feel like when you think about this?” Gently affirm that all feelings—sadness, anger, fear—are important, and it is natural to feel lots of emotions at the same time. Validate each emotion.

TURNING – How is God involved?

Invite your child to consider what God’s part in the situation is. God definitely has roles of compassion and mourning with the one who is in pain. God cries with each of us and knows what we are going through since Jesus faced situations like what you and your child are facing. It can be helpful to express something true about God’s character. Prompt with phrases like, “God is always...” or “God never...” Encourage your child to be honest even when angry with God or not believing that God is present. If you don’t know what to say, you can ask God to help you or simply say that you don’t know.

ASKING – What do you want?

Encourage your child to make a request. You can ask what is wanted from God or others. Consider using one of these prompts, “What would you like God to do about this?” or “What would you like for someone else to do for you?” Offer reassurance that you and God want to hear any hopes, whether small or big, even when answers come slowly or never come.

Lament

TALKING TO GOD
ABOUT YOUR GRIEF

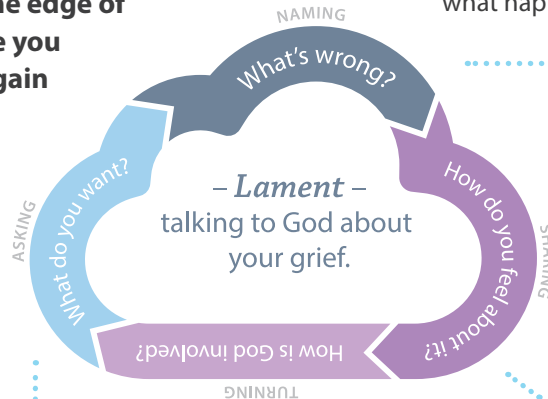
Start at any part on the edge of the cloud. Do what that part says. Take as much time as you want to do that part. Move to the next part by following the arrows. Take as much time as you want for that next part. Continue moving along the edge of the cloud until you reach where you started. You can go around it again as many times as you want.

NAMING – What’s wrong?

Try to put words to what is wrong. You don’t need to hide it. Say what makes you sad, scared, or upset. Say the real things that hurt your heart. When no words come, picture what happened in your mind or draw it.

SHARING – How do you feel about it?

Share about how you feel. You can say, “I feel angry,” or, “I feel lonely,” or, “I feel afraid.” You don’t have to be strong or hide your feelings. When no words come, let your face or body show how you feel.



ASKING – What do you want?

You can ask for help. Tell God or others what you hope for or what you need. It’s okay to say, “Please fix this,” “Please help me,” or “Please make things right again.” It’s ok to say if you want to be alone or want someone to stay close to you.

TURNING – How is God involved?

Say how you think God is involved. You can pray to God or say who you think God is. You can say if you think God is helping or not helping. You can express if it still seems like God is strong, loving, and kind. You can even say a Bible verse that talks about God.