

# 3 FOR THIRTY

## Psalms of Lament

### 7 Psalms from the Bible

Every day, set aside 30 minutes to sit down together as a family to do the following:

#### 1. Reading

- Spend 10 minutes reading **one of the following passages** together.
- Divide it among your family so that everyone gets a chance to read.

***Psalm 44***

***Psalm 60***

***Psalm 74***

***Psalm 79***

***Psalm 80***

***Psalm 85***

***Psalm 86***

- After reading, ask the following questions:
  - **Consider...***What stands out to you from this text?*
  - **He is...***What do we learn about God?*
  - **We are...***What do we learn about people?*
  - **I will...***What has the Holy Spirit revealed to you in this passage, and how will you obey it in your life this week?*
  - **You can...***Who do you know who needs to hear this?*

#### 2. Praying

- Spend 10 minutes praying together.
- Find a quiet space that your family can gather together. Adults, lead the prayer time and invite your students to join in.
- Ask the questions, “*who do we need to pray for?*”; “*what needs are we aware of within our family, friend, and neighbor circles?*”

#### 3. Journaling

- Spend 10 minutes journaling together.
- Have paper and something to write with ready.
- Write down what stood out to you from the text you read as a family.
- Write down what you can remember from prayer time. (Thoughts about specific people, places, or events that were prayed for, as well as any personal thoughts.)

#### 4. Repeat Daily