Lament and Listening Sheet

Bring sorrow to God and keep listening to the child.

Honest prayer can include sorrow, requests, and trust. A completed conversation does not replace practical care or require immediate happiness.

Example: a canceled visit disappoints a child. The family names the sadness, prays for help, and arranges a clear conversation about the next visit without promising an instant change.

01 Hear the sorrow

Let the child choose what to communicate.

Event child names

Hardest part

Child's own words or drawing

Communication support

02 Read Psalm 13

Notice the prayer's questions, request, and trust.

Question noticed

Request noticed

Trust statement noticed

Text versus application

Lament and Listening Sheet / Review & follow-through

03 Prepare the prayer

Use honest words without a promised outcome.

Words of sorrow

Request for help

Suggested prayer wording

Unresolved question

04 Provide care

Make a practical plan and return to listen.

Care needed today

Adult action

Follow-up time

What remains difficult