

A General Lament How-To

Use the following questions to guide you and your child in lamenting:

1. What are the things that threaten the health and well-being of our family? *For younger children, ask: What things are you afraid will hurt you/our family?*
2. What stories from our family's past (or from our religious tradition or cultural history) relate to these concerns? *Can you think of any stories you've heard before that dealt with problems like these?*
3. How did these threats or problems get resolved in the past? *What happened in the stories to fix the problem?*
4. What do we want to happen? *How do you want this problem fixed?*
5. How can we be part of the solution? *What can you do to help?*