

## **A Religious 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? *What things are you afraid will hurt you/our family?*
2. What stories about God's actions in the past relate to these concerns? *Can you think of any stories from the bible in which God dealt with a problem like this before?*
3. How did God deal with the threat or problem in these stories? *What did God do to fix the problem?*
4. What do you want God to do about these threats or problems? *Let's imagine how God could fix this.*
5. How can we be part of God's solution? *What would God want us to do to help?*