

Prayers of Lament: Bowl of Tears

Psalm 56:8 says that God has collected our tears and stored them tenderly. This exercise uses this idea of a bowl of tears that God sees and values, and encourages us to name in prayer the things that trouble and grieve us.

You will need a bowl of water and a small collection of stones or pebbles.

This prayer exercise can also be done outside near a river, stream or by the sea.

Sit or kneel beside a bowl filled with water.

Think of things which make you sad or angry. These may be personal (the illness of a friend, bereavement, unemployment) or they may be global (poverty, flooding, disease). Be honest about the questions these issues raise.



Name each thing aloud to God and as you do so drop a pebble into the water. Watch the stone splash

and sink. Know that God hears each concern and notices each tear.

Take as long as you like over this. You may like to conclude with the words O Lord hear my prayer, Lord have mercy or say the Lord's Prayer.

