**Journal for December 27th worship service**

1. **Lament**. A lament is a prayer searching for understanding & peace in the midst of suffering or disheartening circumstances. Well over half of the Psalmists words are those of lament.

-Reflect on the past year. Take five minutes to write down those things that have grieved and saddened you in 2020. List both small and large losses and disappointments.

-Read Psalm 5:1-3 as a prayer to God. Then, spend 5 minutes in prayer sharing your disappointment and grief regarding the things that you have listed. Feel free to pray alone or together with those in your home if you would like. If you are alone, feel free to call someone to pray with you.

-Following these prayers of lament, read Psalm 5:11-12 as a prayer to God for yourself and for the body of Christ.

1. **God as our help.**

-Read Psalms 121: 1-2.

-Prior to the pandemic, what were areas that you did not fully give to God, relying instead on your own strength and resources?

-What has God been teaching you about trust and perseverance this past year?

-Spend a few minutes meditating on verse two: “my help comes from the Lord, the Maker of Heaven and earth”. Then pray for a willing spirit to allow God to invade all aspects for your life to assist and guide you in all things as you move into 2021.

1. **God’s watchful care & protection.**

-read Psalms 121:3-8. This passage describes how God provides help to us (as mentioned in verse two of this chapter). Reflect on how God has kept you from harm this past year, despite all of the challenges. Write down examples of God’s care and watchfulness of you and your family in 2020 and in prior years.

-Read Psalms 42.

-then read the Psalm a second time as a prayer of lament and praise to God.