

**GSP EAK**

**LAMENT LONGING HOPE**

# PANDEMIC

In this time, the world has experienced exposure to a global pandemic. Share a story of how this issue affected you. Include one of the responses below in your telling:

Here's my **LAMENT**: what I've experienced as loss, anger, weariness, chaos.

Here's my **LONGING**: what I wish were different, what I wish I knew, what looks like new life.

Here's my **HOPE**: I will hear and follow God's call to \_\_\_\_\_.

Following the telling, pause, take 3+ breaths and end with this prayer:

“God is our refuge and strength, a very present help in trouble.” **Amen.**

*Psalm 46:1*

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# CIVIL DIVISIVENESS

In this time, our nation has experienced exposure to increased civil divisiveness. Share a story of how this issue affected you. Include one of the responses below in your telling:

Here's my **LAMENT**: what I've experienced as loss, anger, weariness, chaos.

Here's my **LONGING**: what I wish were different, what I wish I knew, what looks like new life.

Here's my **HOPE**: I will hear and follow God's call to \_\_\_\_\_.

Following the telling, pause, take 3+ breaths and end with this prayer:

“God himself will be with them; he will wipe away every tear from their eyes.” **Amen.**

*Rev. 21:3-4*

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## RACIAL STRIFE

In this time, our nation has experienced exposure to obvious racial strife. Share a story of how this issue affected you. Include one of the responses below in your telling:

Here's my **LAMENT**: what I've experienced as loss, anger, weariness, chaos.

Here's my **LONGING**: what I wish were different, what I wish I knew, what looks like new life.

Here's my **HOPE**: I will hear and follow God's call to \_\_\_\_\_.

Following the telling, pause, take 3+ breaths and end with this prayer:

“I will be their God and they will be my children.” **Amen.**

*Rev. 21:7*

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## FUTURE UNKNOWING

Coming out of this time, we don't know what has changed and how. Share a story of how this issue affected you. Include one of the responses below in your telling:

Here's my **LAMENT**: what I've experienced as loss, anger, weariness, chaos.

Here's my **LONGING**: what I wish were different, what I wish I knew, what looks like new life.

Here's my **HOPE**: I will hear and follow God's call to \_\_\_\_\_.

Following the telling, pause, take 3+ breaths and end with this prayer:

“And the one seated on the throne said, ‘See, I am making all things new. Write this for I am trustworthy and true.’ **Amen.**

*Rev. 21:5*