

Psalms of Lament: Honest Prayers Review

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Understanding Our Emotions in Prayer

Name: _____

Date: _____

Answer the following questions based on the lesson about lament psalms.

1. What are lament psalms?

- A. Songs of joy
- B. Honest prayers expressing difficult emotions
- C. Poems about nature

2. In Psalm 13, the author expresses feelings of ____ and sorrow.

3. Why is it important to be honest with God?

4. Who welcomed our genuine feelings and struggles?

- A. Only David
- B. Jesus
- C. God

5. Match the emotion to its description.

Sadness

Feeling upset about something

Frustration

Feeling down or unhappy

6. Lament psalms teach us that we can bring ____ our feelings to God.

7. What can writing a prayer help with when you feel sad?

8. What did Jesus do when he experienced deep emotions?

- A. He ignored them
- B. He cried out to God
- C. He only smiled

9. The memory verse comes from ____ 1:1-2.

10. What did we learn about talking to God in this lesson?

Answer Key

1. Honest prayers expressing difficult emotions 2. sorrow 3. Being honest with God helps us to express our true feelings and receive comfort. 4. God 5. Frustration 6. Sadness 7. Writing a prayer can help clear your mind and express feelings better. 8. He cried out to God 9. Psalm 10. We learned that it's okay to share our true feelings with God, even when they are difficult.