



Prayer of Prophetic Lament Reference
Sermon Title: Family Feud

Prophetic lament is the sacred practice of bringing God an honest account of what happened, naming the true cost of what was lost, and declaring by faith that the pain, however real, does not get to write the final chapter of the story.

God,

You created family to be a place of love, safety, belonging, and formation. But I acknowledge that parts of my family experience were not what You intended. Some things happened that should not have happened. Some things I needed never happened. Some people who should have protected me did not. Some people who should have stayed left. Some people remained physically present but were emotionally unavailable. Some saw my pain and remained silent. Some caused pain and never accepted responsibility.

Today, I bring You what I have carried. I bring You the patterns I acquired before I understood them. I bring You the abuse I experienced and the ways it affected me. I bring You the apathy of those who knew but did nothing. I bring You the abandonment that made me question my worth. I bring You the anger I have suppressed, expressed, and sometimes allowed to control me. I grieve what happened. I grieve what it cost me. I grieve the safety I did not feel, the protection I did not receive, the affirmation I did not hear, the apologies that never came, and the relationships I hoped would become different.

However, I declare that by Your grace, I will not become what wounded me. I will not reproduce what damaged me. I will not pass untreated pain to the people I love.

This may be part of my family history, but it will not control my family's future. The pain was real, but I refuse to let it rule over me. What ran in my family, will not run me.