

Psalm 13: Lament Pattern

A **lament** is a prayer to God during a time of deep discouragement that concludes in trust or praise. Lists of lament psalms differ but range from 40–65 total psalms of lament (27–43% of the Book of Psalms). Lament psalms may have different sources of discouragement and even breadth of laments (individuals or community), but prayers of lament generally follow a four-part pattern.

