

## **PRAYERS FOR HAITI | A PRAYER OF LAMENT**

Christ the King Presbyterian Church | [www.ctrkraleigh.org](http://www.ctrkraleigh.org)

We created these prayer guides to help adults and children pray for the situation in Haiti by formulating prayers based on Psalms 123, 124, and 126. The prayer guides follow a specific order: a prayer of lament (Psalm 123), a prayer of confidence (Psalm 124), and a prayer for restoration (Psalm 126). You are encouraged to pray these prayers in that order.

If you follow the guides, you will find yourself spending more time thinking about your prayer and writing out your prayer than you do actually praying it. That's not a bad thing. You are approaching Almighty God, the King of Universe, the Maker of Heaven and Earth. Thoughtful prayer is often appropriate.

The prayer guides are just that, guides. They are meant to help you as you think about what to pray. If you use them, spend time thinking about the Psalms that you find before each prayer. Spend time thinking about the situation in Haiti. Write down your thoughts as directed. Once your prayer is written out, get on your knees (a posture of humility) and read your prayer to God. Allow all that God has made you to be to be part of the prayer. (For example, think about the prayer and allow your emotions to enter into your prayer.)

You can find recordings of each Psalm read by Pastor Steve Brown and a song based on that Psalm on our website at <http://www.ctrkraleigh.org/resources/haiti-prayer-guide/>. You may find listening to these recordings helpful in directing your thoughts toward God.

The prayer guides are based on guides created by Richard Pratt in *Pray with Your Eyes Open*.

What follows are the adult's and children's guides for a prayer of lament.

## PRAYER FOR HAITI | A PRAYER OF LAMENT

*Adult's Guide*

### Psalm 123

To you I lift up my eyes,  
 O you who are enthroned in the heavens!  
 Behold, as the eyes of servants  
 look to the hand of their master,  
 as the eyes of a maidservant  
 to the hand of her mistress,  
 so our eyes look to the Lord our God,  
 till he has mercy upon us.

Have mercy upon us, O Lord, have mercy upon us,  
 for we have had more than enough of contempt.  
 Our soul has had more than enough  
 of the scorn of those who are at ease,  
 of the contempt of the proud.

O Lord of Mercy, you are enthroned in the heavens. You deserve all of my worship and adoration. You deserve all our trust.

Lord, the people in Haiti need your mercy. Your people in Haiti need your mercy. The situation demands more than we could possibly give. And so Lord, today, we look to you until you have mercy upon your people.

Lord, when I consider the situation in Haiti,

I feel

---

(as you think about the situation in Haiti, write down a couple of things you feel)

As I think about the ways your people in Haiti are suffering,

I see,

---

(as you think about the suffering in Haiti, write down a couple of things you see)

and I hear,

---

(as you think about the suffering in Haiti, write down a couple of things you hear)

and I feel,

---

(as you think about the suffering in Haiti, write down a couple of things you feel)

O Lord, have mercy! How long will you allow your people to suffer like this?

As I think about the ways the Haitian Church is suffering,

I see,

---

(as you think about the ways the Haitian Church is suffering, write down a couple of things you see)

and I hear,

---

(as you think about the ways the Haitian Church is suffering, write down a couple of things you hear)

and I feel,

---

(as you think about the ways the Haitian Church is suffering, write down a couple of things you feel)

O Lord, have mercy! How long will you allow your Church to suffer like this?

As I think about the many needs in Haiti,

I see,

---

(as you think about the needs in Haiti, write down a couple of things you see)

and I hear,

---

(as you think about the needs in Haiti, write down a couple of things you hear)

and I feel,

---

(as you think about the needs in Haiti, write down a couple of things you feel)

O Lord, have mercy! How long will you allow these needs to go unanswered?

As I think about the many who are struggling to meet those needs in Haiti,

I see,

---

(as you think about those helping meet needs in Haiti, write down a couple of things you see)

and I hear,

---

(as you think about those helping meet needs in Haiti, write down a couple of things you hear)

and I feel,

---

(as you think about those helping meet needs in Haiti, write down a couple of things you feel)

O Lord, have mercy! How long will you allow your people to suffer like this?

O Lord, have mercy! How long will you allow your people to suffer like this?

Have mercy, O Lord, have mercy upon us!

## PRAYER FOR HAITI | A PRAYER OF LAMENT

### *Children's Guide*

#### **Psalm 123**

To you I lift up my eyes,  
O you who are enthroned in the heavens!  
Behold, as the eyes of servants  
look to the hand of their master,  
as the eyes of a maidservant  
to the hand of her mistress,  
so our eyes look to the Lord our God,  
till he has mercy upon us.

Have mercy upon us, O Lord, have mercy upon us,  
for we have had more than enough of contempt.  
Our soul has had more than enough  
of the scorn of those who are at ease,  
of the contempt of the proud.

Think back to a time when someone was mean to you. Did you tell anyone about it? If you did, why did you choose to tell that person?

Psalm 123 describes a time when people who didn't love God were mean to God's people. The Psalm is their prayer to God, telling him about what happened, asking him for help, and waiting until he provides that help.

#### **Thinking About the Psalm**

Read or listen to the Psalm.

What does it mean that God is "enthroned in the heavens"?

Why do you think that is important when you ask him for help?

What does that mean when we think about asking him for help?

#### **Praying the Psalm**

Talk with your mom or dad about the situation in Haiti. Then write out a prayer or draw a picture, telling God how you would like him to help the people of Haiti.