

TAKEAWAY:

When life leaves us with more questions than answers, God invites us to bring our raw and unfiltered feelings to Him, bring our honest requests to Him, and bring our trust to Him.

INTRODUCTION QUESTIONS:

- What's one season in your life when you felt like God was distant or silent? How did you respond during that time?

UNDERSTANDING:

Have a group member read of Psalm 13

- How did this sermon help you better understand this passage of scripture? Is there anything that was mentioned during the sermon that stuck out to you?
- David asks "How long?" four times in just two verses. What does this repetition tell us about the intensity of his struggle?
- Why do you think we often hide our raw emotions from God, even though He already knows what we're feeling?
- Jesus prayed a lament from the cross (Psalm 22:1). How does knowing that Jesus expressed feelings of abandonment change the way you view your own struggles?
- David moves from accusing God to asking God. What's the difference between complaining and petitioning? How can we make that same shift?
- The turning point in this psalm is the word "But" in verse 5. David's circumstances haven't changed, but his perspective does. What causes this shift?
- David says "I will sing to the LORD." Singing in crisis is an act of faith. What are some ways we can "sing" (declare truth) even when we don't feel like it?

APPLICATION:

- What specific request do you need to bring boldly before God right now?
- What truth about God's character do you need to remember and trust?

GO DEEPER:

The Go Deeper section has two potential functions. It can supplement your small group discussion by providing extra discussion material.

You can also use these sections as short devotionals to carry you through the week until your next group meeting and to deepen your study of our text from this week. Here are two "Going Deeper" discussion

prompts that build upon the above provided questions without repeating them:

Divine Illumination (v. 3): In biblical theology, the enlightening of the eyes represents the restoration of physical vitality, mental clarity, and spiritual hope. It is an awakening from the stupor of grief.

- Why is a change in our internal spiritual perspective (divine illumination) sometimes more crucial for our survival than an immediate change in our external physical circumstances?
- Have you ever experienced a moment where your situation remained remarkably difficult, but God suddenly granted you the mental or spiritual clarity required to endure it with peace?
- Though hard times are not always directly related to sin, how does unconfessed sin, harbored bitterness, or unresolved trauma contribute to spiritual blindness and an inability to see God's hand ?

Unfailing Love (v. 5): Trusting God in hard situations requires a foundational bedrock that is infinitely stronger than a change in our circumstances. David chooses to ground his current situation in the character of God rather than his current setting.

- What does it mean to actively trust in God's "unfailing love" when there is absolutely no visible evidence of God's intervention in your life?
- Why is it dangerous to measure the depth of God's love for us based on our current level of physical comfort, relational harmony, or material success?
- How can we practically train our minds and hearts to remember God's past faithfulness when we are entirely overwhelmed by the blinding nature of a present crisis?

Praise (v. 6): The theme of our four sermons from Psalms this summer has been "Anchored in Praise." Minus the proper perspective on what it means to anchor our lives in praise, Ps 13:6 can seem like a jarring or fake declaration and especially so given the "how long" condition of the psalmist; however, the Psalms often display a heart of praise or bedrock statement of faith upon which the psalmists stands during difficult times and Psalm 13 is no exception to this trait.

- How does choosing to praise God before the breakthrough arrives act as a potent weapon of spiritual warfare against the forces of darkness and our own despair?
- What are the crucial differences between faking happiness (toxic positivity) and engaging in defiant, faith-filled praise in the midst of genuine sorrow?
- How should we and how should we not encourage someone in Christ to "sing" when the immediate circumstances of their lives still look entirely bleak and unpromising?
- How does the discipline of being thankful for God's past bountiful dealings systematically rewire our current cognitive perspective on our present suffering?
- What specific goodness(es) from God have you in the past anchored your thoughts in when going through a "how long" experience? How has that helped you through that situation?


GROUP PRAYER:

Invite group members to pray through the three movements of Psalm 13:



1. **Honest Feelings** – Pray silently or aloud, bringing your raw emotions to God
2. **Bold Requests** – Specifically ask God for what you need
3. **Trust and Praise** – Declare your trust in His steadfast love, even if nothing has changed yet

Hymn of the Week - Yet Not I But Through Christ in Me



As we journey through the psalms this July, we want to incorporate some hymns that fit well with the psalms being preached. Pastor Shawn has helped establish some hymns for your life group to read through, sing together or meditate on. We will also provide a Spotify playlist of songs that will help anchor you in praise this summer.





1. What gift of grace is Je - sus my Re - deem - er, There is no more
2. The night is dark but I am not for - sak - en, For by my side,
3. No fate I dread, I know I am for - giv - en, The fu - ture sure,
4. With eve - ry breath I long to fol - low Je - sus For he has said




for hea - ven now to give; He is my joy, my right - eous - ness, and free - dom,
the Sav - ior he will stay; I la - bor on in weak - ness and rej - oic - ing,
the price it has been paid; For Je - sus bled and suf - fered for my par - don,
that he will bring me home; And day by day I know he will re - new me,



My stead - fast love, my deep and bound - less peace. To this I hold,
For in my need, his pow - er is dis played. To this I hold,
And he was raised to o - ver - throw the grave. To this I hold,
Un - til I stand with joy be - fore the throne. To this I hold,



my hope is on - ly Je - sus, For my life is whol - ly bound to his; Oh how
my Shep - herd will de - fend me, Through the deep - est val - ley he will lead; Oh the
my sin has been de - fea - ted, Je - sus now and ev - er is my plea; Oh the
my hope is on - ly Je - sus, All the glo - ry ev - er - more to him; When the



strange and di - vine, I can sing: all is mine! Yet not I, but through Christ in me.
night has been won, and I shall o - ver - come! Yet not I, but through Christ in me.
chains are re - leased, I can sing: I am free! Yet not I, but through Christ in me.
race is com - plete, still my lips shall re - peat: Yet not I, but through Christ in me.



