

# A PRAYER IN TIMES OF SORROW

## PSALM 13

### CHURCH GROUP SERMON DISCUSSION GUIDE - MAY 25, 2025

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#### SCRIPTURE READING

##### *Pslam 13*

1 *How long, O Lord? Will you forget me forever?*

*How long will you hide your face from me?*

2 *How long must I take counsel in my soul*

*and have sorrow in my heart all the day?*

*How long shall my enemy be exalted over me?*

3 *Consider and answer me, O Lord my God;*

*light up my eyes, lest I sleep the sleep of death,*

4 *lest my enemy say, "I have prevailed over him,"*

*lest my foes rejoice because I am shaken.*

5 *But I have trusted in your steadfast love;*

*my heart shall rejoice in your salvation.*

6 *I will sing to the Lord,*

*because he has dealt bountifully with me.*

#### ICE BREAKER QUESTION

What is that one thing in your life that you are waiting on God for right now?

#### SERMON RECAP

Lament is simply the heartfelt expression of people in suffering. The psalms of lament consistently exemplify what it looks like to faithfully approach the LORD with our lament, when it feels like He has forgotten us:

1. C - Complain with Humility. (Ps 13:1-2)
  - God gives us permission to pray with honesty.
  - He gives us permission to voice our questions.
2. R - Request more of God. (Ps 13:3-4)
  - Press in to His word.
  - Press in to His people.
  - Press in to ways He has worked in the past.
3. Y - Yield with Hope. (Ps 13:5-6)
  - Start with a statement of trust.
  - Offer a promise of praise.

If you are a follower of Jesus, then, in times of sorrow, you can pray with Hope because God has secured your future. (Ps 13:5-6)

#### DISCUSSION QUESTIONS

**Observation:** *What does the passage say?*

1. Read Psalm 13 aloud as a group. Before interpreting or applying the passage, share observations about it.
  - a. Who wrote Psalm 13?
  - b. Who did the psalmist directly address in this psalm? (Ps 13:1)

- c. What is the general nature of the circumstance the psalmist is facing?
  - d. What is the repeated refrain in the psalmist's words? (Ps 13:1-2)
2. How would you explain or summarize today's passage in your own words?

***Interpretation: What does the passage mean?***

1. What do verses 1-2 indicate about the duration and depth of the psalmist's suffering?
2. In the context of his suffering, how does the psalmist hint at his experience of his relationship with the LORD? (Ps 13:3, 5-6)
3. What are the motivations behind the psalmist's pleas? (Ps 13:3-6)
4. Read Psalm 63:1-4. The most valuable thing in times of sorrow is God Himself. In the psalmist's eyes, why did his soul thirst for the LORD so earnestly? (Ps 63:3a)
5. What stands out to you most as you read and consider today's passage?

***Application: How can we apply this passage to our lives?***

1. When you go through seasons of suffering and pain, do you tend to lean into the LORD or lean away from Him? Why? Do seasons of suffering tend to change your prayer approach and rhythms? If so, how?
2. What does it look like to faithfully walk with Jesus – or, more specifically, talk with Jesus - in seasons of suffering or sorrow?
3. How does crying out to the LORD in sin differ from crying out to the LORD in faith? For example—
  - What is the difference in the heart postures behind each kind of prayerful cry?
  - In each kind of prayer, where does the focus primarily lie – on the one praying, or on the LORD and His glory?
  - What is the likely impact of each kind of cry on (i) your soul, and (ii) your intimacy with the LORD?
4. When the LORD's children faithfully cry out to Him in their seasons of suffering and pain, how might He respond? (Ps 13:6b, 63:3)
5. What honest questions do you need to humbly pour out to God? Where do you need to know more of His presence and perspective in your life?