

WHEN GOD FEELS FAR AWAY

PSALM 13:1-6

CHURCH GROUP SERMON DISCUSSION GUIDE - AUGUST 30, 2026

SCRIPTURE READING

Psalm 13:1-6 ESV

REACH ONE

Getting to know people and helping people get to know Jesus.

As we continue growing in the habit of intentionally going out of our way to see people, carve out some discussion time to let group members share how they took a step toward others during the past week. It does not matter if it was small or big. Celebrating little wins can help make reaching one person part of our daily rhythms and lifestyle.

ICE BREAKER QUESTION

When you are going through something hard, do you tend to talk about it right away, keep it to yourself, or try to solve it on your own?

SERMON RECAP

- Psalm 13 gives us the language of lament: bringing our grief, confusion, fears, and questions directly to God.
- Express your despair: "How long?" Feelings are real enough to bring to God, but they are not authoritative enough to define God.
- Express your prayer: "Give me light." Lament turns the thoughts that torment us into prayers that connect us to God.
- Express your trust: "Let me sing." When we cannot see God's activity, we can still trust His steadfast love.

DISCUSSION QUESTIONS

Observation: What does this passage say?

1. Read Psalm 13:1-6 aloud as a group. Let group members share observations before moving into interpretation or application.
 - What words, phrases, or repeated ideas stand out to you?
 - What does David say he is experiencing in verses 1-2?
 - What does David ask God to do in verses 3-4?
 - What changes in David's language and posture in verses 5-6?
 - What, if anything, does the passage say changed in David's circumstances?

Interpretation: What does the passage mean?

1. Express Your Despair: "How Long?" (Psalm 13:1-2)
 - What do David's four cries of 'How long?' reveal about the depth and duration of his suffering?
 - How is David's struggle moving upward, inward, and outward?
 - Why is bringing our honest feelings to God an act of faith rather than faithlessness?
 - What is the difference between treating feelings as real and treating them as final?

2. Express Your Prayer: "Give Me Light" (Psalm 13:3-4)

- What do the requests 'consider me,' 'answer me,' and 'light up my eyes' tell us about what David needs from God?
- Why is the phrase 'O Lord, my God' significant when David feels forgotten?
- What might 'light up my eyes' include beyond simply receiving information or an explanation?
- How does lament move David from taking counsel in his own soul to bringing a clear request before God?

3. Express Your Trust: "Let Me Sing" (Psalm 13:5-6)

- What does God's steadfast love, or hesed, reveal about the basis of David's trust?
- How can David rejoice and sing before there is evidence that his circumstances have changed?
- Why is David's response not denial, but reorientation?
- How do the cross and resurrection make God's steadfast love and promised salvation unmistakably visible?

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

1. Name what you feel.

- Where in your life have you been asking, 'How long?'
- What grief, anger, disappointment, fear, or confusion have you been afraid or reluctant to say to God?
- How might bringing that honestly to God draw you closer to Him instead of allowing pain to pull you away?

2. Ask God for what you need.

- Have your thoughts about this situation become rumination, or have they become a clear prayer?
- What do you need to ask God for today: to see you, answer you, renew you, guide you, strengthen you, or protect your faith?
- What would the next faithful step look like, even if God does not show you the whole trail?

3. Anchor yourself in His steadfast love.

- What is this season tempting you to believe about God? What has He revealed to be true about Himself?
- Where can you see evidence of God's steadfast love in Scripture, at the cross, and in His past faithfulness to you?
- What truth about God will you return to this week when your feelings become the loudest voice?
- How can this group pray for you and help you continue trusting while you wait?