



Psalm 13- “A Psalm for the Discouraged”

June 12th, 2016

OBSERVE & REFLECT

(This section is designed to encourage us to reflect on and observe the scripture and weekend sermon.)

READ Psalm 13

- ☀ Read the text at least twice. Try reading the text from two different translations.
- ☀ What do you observe in the text? What jumps out at you and grabs your attention? What questions do you have from the text? Pay attention to any action words or phrases and observe what the implications are.

INVESTIGATE & APPLY

(This section focuses on what the scripture has to say as we dig deeper into the Word. It is oriented to create discussion on the Scripture.)

1. What is the overall tone of Psalm 13? What might have been happening in David's life to inspire such a Psalm? For more background information on David's life, read 1 Samuel 18:9-15, 28-29, 20:30-33.
2. How does David's attitude change throughout the Psalm? Give a title to each section of the Psalm:
 - v.1-2—>
 - v.3-4—>
 - v.5-6—>
3. Read verses 1-2 again. Can you think of times in your life where you have felt the feelings that David is expressing in these verses? Notice the four feelings that David is wrestling with. Are these feelings valid in his life and ours as we go through trials?
 - *God has forgotten me forever...*
 - *God doesn't care about me....*
 - *I have to work things out on my own...*
 - *I am angry at God for letting this trial happen....*
4. Read verses 3-6 again. In the midst of his grief and sorrow, David had a choice to make. Rather than continue in the downward spiral of sorrow, he chose to change his posture. How would you describe David's posture in verses 3-4? What does this teach you about enduring trials?
5. As the Psalm closes in verses 5-6, how has David's posture before the Lord changed again? Notice that David's circumstances have not changed, but his attitude has. Why? What truths does he cling to?

“The Psalms provide the language, the aspirations, the energy for the community as it comes together in prayer.”

-Eugene Peterson

NEXT STEPS

- ☀ What encouragement can you gain from Psalm 13 today? What trials and hardships are you facing today that have you asking the same questions as David in Psalm 13?
- ☀ Make the choice today that David displays in verses 3-4. Rather than staying “on your face”, focused only on your pain and sorrow, go to the Lord on your knees and ask him to remind you of his presence and purpose. God uses trials to transform us and make us more like him. Can you see God doing this in your life?
- ☀ We must learn to say in all circumstances “God has dealt bountifully with me”. Take a minute to read Psalm 119:71-75, asking God to give you faith and strength in the midst of the trials you face.