

# PSALMS 13 & 42

*Psalms to use for lament*

## BIBLE STUDY



The psalms of lament give us a pattern for response as believers when life goes wrong. Today we will use verses from two psalms to give us a model for moving from an honest acknowledgment of our suffering to a place of trust and hope.

### OPENING QUESTIONS:

- To what extent are you honest in prayer?
- What sort of things may affect our honesty when we come before God?

### AS YOU START

Pray that God would meet you where you are on your journey and show you what he wants you to hear.

- For some of us, we will be in a place of deep sadness as we try to process what we have been through in the past year.
- For others, we will seek to walk alongside those who are grieving in our church community in practical ways, as well as lifting them to God in prayer.

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### Read: Psalm 13

David wrote this psalm when he was a fugitive on the run from Saul, hiding in the caves at Ein Gedi. He had been waiting to become king for many years after being anointed by Samuel when he was a young teenager, and now his life is in danger.

His situation is one we can all identify with – we may be clinging to a promise from God, but feel as if he is very far away and our situation is hopeless.



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1. **Look at verses 1-2 of Psalm 13.** Can you identify with what David is going through here as he pours out his heart to God? Think about the cycle of thoughts and emotions he is going through.
2. How does the situation appear to have got out of control to David in **verse 2c**? How might our grief impact our beliefs, so solidly held when life is going well?
3. At the time of writing, David's enemy was very clearly King Saul.
  - Who or what might 'the enemy' be in your situation of grief?
  - How does it help us to remember that our spiritual journey is actually a battle with an enemy?

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4. **In verses 3-4,** a change takes place. What is it?
5. **Why is it so important that we continue to seek God,** even when he seems distant?
6. **Verses 5-6** bring David's heart back into a place of praise. What happens when we begin to reflect on God instead of staying focused on our situation?



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## GOING DEEPER

### Read: Psalm 42

As this psalm begins, the writer feels overwhelmed and discouraged. Once again, the psalm's journey moves from honest expression of pain through to a place of hope.

7. In verses 1-4, what reflections does the psalmist express about his situation as he begins to 'pour out my soul' (v.4)?
8. There are two places in this psalm where the writer deliberately moves his thoughts from inward-looking towards expressing his hope in God (v. 5, 11). What does it look like to hope with confidence in God? How can you practically place your hope in God the next time you face difficulty?



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**Psalm 42 v 8** talks about listening to songs in the night. What worship songs have helped you recently?

**Listen to Matt Redman - *BLESSED BY YOUR NAME*** and use it as your prayer.

<https://www.youtube.com/watch?v=PnWKeHSOXu8>



## LISTEN & PRAY

### PRAY

Why not read together and commit to learning a verse of hope to shape your prayers and to give you perspective when you are walking through dark times. The following are all beautiful Biblical assurances of hope:

**Romans 15 : 13 Hebrews 6 : 19**

**Psalm 31 : 24 Isaiah 40 : 30-31**

How could you help each other as a home group in the way modelled by these psalms when one of you is struggling? As you pray together now, lift any painful situations from your group to God in honesty, before using verses from today's psalms to leave the prayers as offerings before the God who is our Rock and our Refuge.