

How to handle sorrow

Psalm 13

1. PAIN (v1-2)

- we ought to be honest about the pain we're experiencing

- focusing solely on our own circumstances will only increase our pain

2. PRAYER (v3-4)

- light comes when we look up

- only God can provide the hope we need amidst our pain

3. PRAISE (v5-6)

- we are to look back at the ways God has loved us in the past

- this gives us hope for the ways he will love us in the present and in the future.

Discussion questions:

1. When are we tempted to focus more on our troubles than on God's love for us?
2. What are some ways we can remind ourselves to look up to God in the midst of our sorrow?
3. What are some ways we can remind each other to look up?