

Psalm 13

To the choirmaster. A Psalm of David.

¹How long, O LORD? Will you forget me forever? How long will you hide your face from me? ²How 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?

³Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, ⁴lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

⁵But I have trusted in your steadfast love; my heart shall rejoice in your salvation. ⁶I will sing to the LORD, because he has dealt bountifully with me.

CHALLENGE ACCEPTED

How to handle sorrow

1. PAIN (v1-2)

2. PRAYER (v3-4)

3. PRAISE (v5-6)

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?