



May 5, 2019
**Seeking God's Face
in Lament**
Psalm 13



CELEBRATION - How did we seek God's face through prayer and see his hand at work this week?



WORD - WHAT DID GOD SAY IN HIS WORD?

Read together: Psalm 13:1-6

Recall from Sunday: As we seek God's face in lament we move from questioning (v1-2), to conviction (v3-4), to trust (v5-6)

Reflect: Have you heard somebody pray that really sounded like they were talking to God? What did that sound like? Have you heard somebody pray that felt like they were just performing a ceremony? What did that sound like? What's the difference between the two?



HEART - WHAT DID GOD SAY TO ME THROUGH HIS WORD?

David lays his heart's hurt before God through hard honest questions (13:1-2). How honest are you with God in your prayers? Do you ever feel tempted to cover up how you feel when you pray to God out loud? How about even in private? Why or why not?

Despite his present trouble, and the painful questions in his heart, David finishes his prayer in a declaration of trust and praise (13:5-6). Do you feel you can trust God with the troubles you are going through? When trusting God is hard, what can you do to hold on to him? What have your experiences been of trying to praise God even while things are going well?



WORLD - WHAT DOES GOD WANT ME TO DO ABOUT IT?

It's time to get real with God. Encourage each other to set a 1 hour date with God this week to have a real prayer time. The point of this hour is not to list every request you have, but to talk with God about how you're doing, open up about your pains and joys, and invite him into those deep parts of your heart and soul.

It's always time to praise. Even if you're going through something really tough, we are to "rejoice always" and "give thanks in all circumstances" (1 Thess. 5:16-18) just like King David did despite his troubles. Set a date to praise God, or maybe close your group meeting with a praise song or two. As a bonus, this is a great way to stick it to the devil who would love nothing more than to make you wallow in despair and hopelessness.