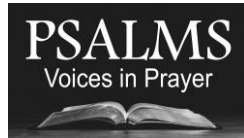


PRAYING OUR HURT

Psalm 13

Neil Trainer

July 9, 2017

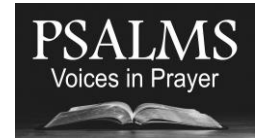


NOTES

PRAYING OUR HURT

Psalm 13

Suggested Questions for Individual Study or Group Discussion\*



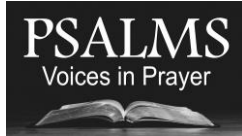
- Have you ever been stood up or forgotten by someone you were planning to meet? How did you feel in that moment? What were you thinking?
- How would you describe the relationship between the psalmist and God at the beginning of Psalm 13? What is the psalmist apparently feeling and thinking?
- How does the psalmist address God? What are the psalmist's complaints?
- What does the psalmist want from God? What does the psalmist want God to do?
- What is the psalmist doing at the end of the psalm and what does he promise to do? What reasons are given? What, if anything, has changed for the psalmist?
- When have you felt forgotten or ignored by God? What were you feeling and thinking during that time? How did this impact your prayers?
- How does Psalm 13 give us a model of lament, or a pattern for our own prayers of complaint to God? How do we complain to God and trust in God at the same time?
- What might you complain to God about today? Write a prayer of lament using Psalm 13 as a guide.
- How can your small group or others pray for you and encourage you to continue to trust, rejoice, and sing to the LORD this week?

PRAYING OUR HURT

Psalm 13

Neil Trainer

July 9, 2017

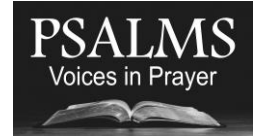


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PRAYING OUR HURT

Psalm 13

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