

"A Song for the Hurting Heart"*

Psalm 13

How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

² *How long shall I take counsel in my soul,*

Having sorrow in my heart all the day?

1. _____

How long will my enemy be exalted over me?

³ *Consider and answer me, O LORD my God;*

Enlighten my eyes, or I will sleep the sleep of death,

⁴ *And my enemy will say, "I have overcome him,"*

2. _____

And my adversaries will rejoice when I am shaken.

⁵ *But I have trusted in your lovingkindness;*

My heart shall rejoice in your salvation.

⁶ *I will sing to the LORD,*

3. _____

Because he has dealt bountifully with me.

* Mark Vroegop, Dark Clouds Deep Mercy

Response: I will _____ because He has _____

APPLICATION QUESTIONS

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These questions are designed to help you understand how God's Word applies to your life personally.

1. What are the 3 parts to lament from Psalm 13 and which is hardest for you?
2. As you think about your experience, what is your "how long?"
3. What does it look like for you to trust in the Lord in midst of your hard?
4. How have you experienced God's faithfulness in the last year?
5. What is a lament? How has lament helped you deal with grief in the past or how do you think it will help you in the future?