



Growth group discussion questions

Psalm 13

Personal lamenting

Personal preparation **BEFORE** the growth group meets:-

Read Psalm 13

1. Unlike the rest of the Bible, in the book of Psalms the number of the psalms & the headings have not been inserted by translators but were part of the original God-breathed text. **What do we learn about Psalm 13 from its heading?**
2. The psalm divides into 3 stanzas:- vv1-2, vv3-4 & vv5-6. **Come up with your own heading that captures each stanza.**
 - vv1-2
 - vv3-4
 - vv5-6
3. In vv1-2 what do we learn of David's circumstances, his response to those circumstances and his relationship to the Lord God?
4. In vv3-4 what do we learn of David's circumstances, his response to those circumstances and his relationship to the Lord God?
5. In vv5-6 what do we learn of David's circumstances, his response to those circumstances and his relationship to the Lord God?
6. What surprises you about Ps 13?
7. What encourages you about Ps 13?
8. Reflect on how this Ps 13 "fits" Jesus (who David foreshadows as the true King)?
9. Ps 13 is one of many lament psalms (an expression of grief or sorrow). **Focus on something in your life at the moment causing you sorrow & use Ps 13 to model your own prayer of lament.**

WHEN the growth group meets:-

Discuss this statement by Christian pastor & writer Paul David Tripp:- *“I think that in the church of Jesus Christ there is probably more fear, more anxiety, more nervousness, more disappointment and more discouragement than we are willing to talk about.”* (Christian pastor & writer Paul David Tripp)

Read aloud Psalm 13

- a. **Discuss your answers to Qs 1 & 2.**

- b. **Discuss your answers to Q3.**

- c. **Discuss your answers to Q4.**

- d. **Discuss your answers to Q5.**

- e. **Discuss how Ps 13 compares with your prayers in times of trouble.**

- f. **Ps 13 is a picture of genuine Christian faith in the face of trouble. Discuss what encouragement there is for you in this model.**

- g. **How might Ps 13 help us to respond to the criticism of Tripp above?**

- h. **Read Hebrews 4.14-16. How do these verses connect with Ps 13?**

Pray together using Ps 13 as a model.