

How Long? Psalm 13

1 What's something you've had to wait a long time for? How did the waiting feel?

READ PSALM 13

Prayer of Lament

Lament isn't a lack of faith. It's faith that refuses to let go of God when life hurts. Around a third of the Psalms are laments. That tells us God expects his people to pray like this.

2 v1-2: David asks "How long?" four times. What is he feeling? Who or what is he upset with?

3 v3-4: What does David ask God to do? Why does it matter so much to him?

4 v5-6: David's tone changes completely. Has his situation changed? What has changed?

5

When Israel grumbled in the wilderness (Numbers 14:1–4), God was angry. Yet he welcomes David's lament. What's the difference between lament and sinful complaint?

6

What does David's deepest problem in this Psalm tell us about what he wants most? Is it what we want too, or are our desires often different?

7

We usually only speak this type of lament honestly with people we're close to. How can bringing our pain to God, rather than hiding it, draw us closer to him?

8

Where in your life, or in the lives of people you love, are you asking "How long?" right now?

READ PSALM 13 AGAIN.

This time pray each section below, then leave time for more prayer before continuing to the next section.

1) v1–2 Lament: tell God honestly where you're hurting, waiting or feeling forgotten. You can do this silently or aloud in your group.

2) v3–4 Ask: ask God plainly for what you, or someone you love, need from him.

3) v5–6 Trust: tell God what you choose to trust about him, even if nothing has changed yet.