



LIFE GROUP GUIDE

CONNECT • GROW • SHARE • PRACTICE

What's Happening: [Give to Missions](#), [Missions Exposure Trips](#), [Missions Global Partners](#), [Missions Local Serve Opportunities](#), [Summerpalooza \(VBS\) Registration Open](#), [Cultivate](#), [Active Membership Class](#), [Child Dedication Class](#), [Grief Share](#) & [Kid's Grief Group](#)

Resources: [Book: The Message of the Psalms](#), [When Our Sufferings Feels Like Too Much](#), [Psalms Chart](#)

Connect (30min)

- Over the past two weeks, we've focused on serving the global Church through prayer, giving, or going. Which step of participation might your group take? See Missions Resources in the "What's Happening" box above.
- If your group hasn't found a place to serve locally and regularly, discuss what that could look like. If there are some currently serving, share some stories

Apply (60 Mins): Embracing the Gospel Over Time

This week, we step away from the narrative of David's life to glimpse his heart. As he walks through a season of desolation, the Psalms give us a kind of "divine eavesdropping"—a window into how he honestly brings his fears, struggles, and thoughts before the Lord.

Here we see not just what David is going through, but how he responds: he doesn't run from God, but to Him. Even in confusion, fear, and pain, the Psalms show us that we are invited to do the same.

Step 1 (10 Mins): Spend time with the Lord

Spread out individually around your space and read **Psalm 13** to yourself. As you read, pay attention to how David speaks to God, what he is feeling and expressing, and how honest and unfiltered he is. Then go to the Lord in prayer and ask::

- **Lord, in what ways have I been as honest as this with you in my life?**
- **Are there any specific areas of my life that I don't trust to go to you with this type of honesty currently?**

But the LORD said to Samuel, "Do not look at his appearance or at the height of his stature, because I have rejected him; for God sees not as man sees, for man looks at the outward appearance, but the LORD looks at the heart." - 1 Samuel 16:7

Remember, because of what God has done in Christ, we don't have to hide or clean ourselves up before coming to Him. He already sees and knows our hearts, and He invites us to come honestly before Him.

The LORD is near to all who call upon Him, To all who call upon Him in truth. - Psalm 145:18

Step 2: Write Your Own Lament (15–20 mins)

Using Psalm 13 as a guide, write a short lament to God about what came up during your time. This could be a difficult situation, a recurring struggle with sin, something from your past, or anything else on your heart. You don't need to make it polished, this is meant to be honest, not perfect. If helpful, you can follow this pattern:

- Turn to God by addressing Him directly
- Be honest about what you are feeling or struggling with
- Ask for what you need from Him
- Finally, remember or express trust in what you know to be true about Him, even if it feels small.

Step 3: Share Together (20–25 mins) Split up between men and women if applicable/necessary

Come back together as a group. Go around and allow each person the opportunity to share their lament, if they feel comfortable. After each person shares, move to the next person. Once everyone who desires to share has done so, have one person pray, asking God to help you continue to honestly approach Him and reorient your hearts toward Him regardless of circumstances.

Step 4: Closing Reflection (5–10 mins)

As a group, reflect together. **How did it feel to be that honest with God? How does this reshape the way you think about bringing your struggles to Him?** If this practice was meaningful or helpful, consider continuing this practice throughout the week. Return to what you wrote, or write again as needed.

For Further Study:

- **Psalms of Orientation:** Psalm 1, Psalm 19, Psalm 33 **Psalms of Disorientation:** Psalm 13, Psalm 22, Psalm 88
- **Psalms of New Orientation:** Psalm 30, Psalm 40, Psalm 116

Next Week's passage: 1 Samuel 23, 24, & 26