



Study Guide | Week 3 | June 17-23, 2018

Laments & Complaints: Psalm 13

“(The many lament psalms) show that the experience of anguish and puzzlement in the life of faith is not a sign of deficient faith, something to be outgrown or put behind one, but rather is intrinsic to the very nature of faith.” - from The Psalms as Christian Lament

“Trust God, amid all disappointment and heartache. He will wipe away all tears, explain all mysteries and place a pinnacle of glory on the structure of your life.” - F.B. Meyer

S.O.A.P.- This week we will use the S.O.A.P method to look at Psalm 13

Scripture: Read the scripture out loud once or twice, using different translations if possible.

Observation: Observe the text. Ask following questions:

- What is the Psalmist saying about God?
- What is it saying about me?
- What is it saying about the Psalmist/writer?
- What does the writer want the reader to think, feel or do?

Application: Consider how this scripture passage leads you to follow, imitate and trust Christ.

- What is a specific obedient response to this Psalm?
- What would it look like to embody the truth this Psalm is declaring?
- What are you feeling called or compelled to go or do?

Prayer: Ask God the Spirit to help you specifically on what you've processed.

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Daily Devotions - *Psalms of Lament*

Monday: **Psalm 22** - Jesus quotes from the cross (Mt. 27:46)

Tuesday: **Psalm 77**- remembering God's past faithfulness

Wednesday: **Psalm 88**- doesn't end in a happy resolution

Thursday: **Psalm 74**- a communal cry of lament

Friday: **Psalm 83** -prayer against the wicked

Saturday: **Psalm 102**- a cry from one who is afflicted

Sunday: **Psalm 142**- a "teaching" lament
