



Hill Cliffe Study Guide
Sunday 6 August 2023
#2 Psalm 13 - Lament

Psalm 13 is a song written by David and it gives us a lesson on how to move through sorrow to praise. Honest lament, followed by heart-felt supplication and ending in complete trust, will lead you from despair to praise.

1. What do you do when you feel overwhelmed/sad? Are you someone who pours it out with God, or pours it out with friends (but not God), or keeps it to yourself?

The Psalm is presented in 3 parts,

How Long?

1 How long, Lord? Will you forget me forever? How long will you hide your face from me? 2 How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?

2. Does this kind of praying seem disrespectful or uncomfortable to you?
3. Do you feel like God cares enough about your life to want to hear your complaints - even your relatively 'small' and everyday concerns and sadness?

Supplication – (in this case it's a passionate cry for God to help him)

3 Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, 4 and my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

4. Does this kind of praying feel uncomfortable and 'dramatic' to you?
5. What is David really saying to God here as he prays like this?

Trust & Praise

5 But I trust in your unfailing love; my heart rejoices in your salvation.

6 I will sing the Lord's praise, for he has been good to me. I will sing the Lord's praises, for He has been good to me.

6. 'The pain is real, but the truths are still true' – Why is it vitally important that our lament is never divorced from the truths about God, and praise of God?
7. How does truth about God bring hope to our despair?

In Summary...

8. Reflect on which of those stages feels hardest for you –
 - Do you struggle to be honest about your feelings?
 - Is it difficult to beg God to help?
 - Can you praise in the midst of pain?

9. What ways might work for you in expressing your sorrow with God?

Eg. Going to bed and have a very big cry; or I writing it all down; or talking to God on a walk; or using psalms like this and using the words of the Psalm as your own; or writing your own lament and praise psalm.