



## WEEK 3

### The Lord, My Refuge!

In this lament psalm, David cries out from a place of prolonged suffering, questioning how long God will seem distant. Yet even in his darkest season of abandonment and sorrow, he demonstrates the journey from despair to trust. Though enemies may temporarily surround him and grief overwhelms him, David anchors himself in God's unfailing love and salvation. This psalm reassures us that honest expression of pain before the Lord is not faithlessness but rather deep faith—knowing that even when God seems silent, He remains sovereign over our suffering and will ultimately bring us to a place where we can sing of His goodness again.

## THE SCRIPTURE: PSALM 13

*To the choirmaster. A Psalm of David.*

- <sup>1</sup> How long, O Lord? Will you forget me forever?  
How long will you hide your face from me?
- <sup>2</sup> How long must I take counsel in my soul  
and have sorrow in my heart all the day?  
How long shall my enemy be exalted over me?
- <sup>3</sup> Consider and answer me, O Lord my God;  
light up my eyes, lest I sleep the sleep of death,
- <sup>4</sup> lest my enemy say, "I have prevailed over him,"  
lest my foes rejoice because I am shaken.
- <sup>5</sup> But I have trusted in your steadfast love;  
my heart shall rejoice in your salvation.
- <sup>6</sup> I will sing to the Lord,  
because he has dealt bountifully with me.

## LIFEGROUP QUESTIONS: WEEK 3

### OPENING QUESTIONS

1. What is your typical first response when you face a difficult situation or trial? Who do you turn to first?
2. Share about a time when you felt God's comfort during a challenging season of life. What made the biggest difference?

### DIVING DEEPER

3. Psalm 13 begins with David asking "How long, O LORD?" four times in the first two verses. Take some time to locate each in the passage. What emotions do you hear in David's repeated question?
4. In verse 2, David speaks of having "sorrow in my heart all the day." How does this psalm give us permission to be honest about our pain before God rather than suppressing it?
- 5.. David feels that God has "hidden [His] face" from him (v1). Have you ever felt that God was distant during your trials? How did you respond to those feelings?
6. Notice the progression in this psalm from complaint (v1-2) to petition (v3-4) to trust and praise (v5-6). How does this movement serve as a model for our own prayers during difficult times?
7. In verse 3, David asks God to "light up my eyes." What do you think he means by this request, and what might it look like for God to answer this prayer in our lives today?
8. David expresses concern about his "enemy" being exalted over him (v4). What are the "enemies" (whether people, circumstances, or internal struggles) that seem to triumph in your life right now?

9. How does David's ability to rejoice in God's salvation (v5) before his circumstances change challenge our tendency to make our joy dependent on our situations?
10. David ends by saying, "I will sing to the LORD, because he has dealt bountifully with me" (v6). How can we cultivate gratitude and praise even in the midst of ongoing trials?
11. This psalm reveals that comfort from God doesn't always come through immediate deliverance but through His presence in our pain. How might this perspective change how you pray and worship during difficult seasons?