

“Lockdown Lessons”
Allow Yourself To Grieve - Psalm 13 Sermon Questions

Read Psalm 13:

“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? 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. 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.”

1. Deep in our American culture, there’s a value placed on optimism. But this attitude can keep us from dealing with our feelings of grief. When are you most tempted to push down your feelings of sorrow and try to paste on a happy face instead? When you do that, how does it make you feel? The Psalms often reflect true-to-the-heart experiences. What words does David use to express his frustrations in this Psalm, and what words would you use, in light of today’s COVID-19 lockdown?
2. Read verses 1-2, What is David’s state of mind at the beginning of this Psalm? What are some of his complaints? How many times does David ask “How long?” What does that say about his struggle with the Lord? What would you say is your biggest complaint in these times? Is it similar to Davids?

In Psalm 10:1 the Psalmist says, “*Why, Lord, do you stand far off? Why do you hide yourself in times of trouble?*” The Psalmist has a very challenging attitude. You might think that God would be angry with this attitude, but this does not happen at all. Why was the Psalmist able to get away with this?

3. Read verses 3-6. What are some of the changes you see in David’s attitude and mindset. What do you think is the cause of this change? How have you seen your own attitude and mindset go through similar changes? What helps you?
The Psalmist says in 121:2 *my help comes from the Lord*. That sounds very well and good, but it does not answer our question, “Lord, when will this pandemic end?” How can we continue to trust strongly in God’s help even without an answer to our question?
4. Verse 5 says, “*I trust in your unfailing love.*” The phrase “unfailing love” is translating the Hebrew word *hesed*, which means God’s commitment to be faithful to his covenant. Consider God’s covenant relationship with you. In what ways has your heavenly Father been good to you, his child? How does that lead to praise? Share 5 things you can praise the Lord for in the midst of these circumstances.

APPLICATION:

5. Pastor Dave said, “It’s possible to praise too soon”. Read the entire Psalm 13 again. What are the steps that finally lead to praise? How can understanding these steps deepen your trust and faith this week as you continue to deal with all the difficulties springing out of the pandemic? Read verse 6. Why does David sing to the Lord? Ask God to “give light to your eyes” so you can remember who He is and all He has done for you - and sing!