

Small Group Interaction Questions:

**“Cut Down To Sighs” 2/8/09**  
**Psalm 13**

Dear Friends,

We interrupted our series on I Peter to acknowledge the groanings, sighs, and sorrow in the body of Christ. This was triggered by the untimely death of a young man in our congregation, but we felt the Holy Spirit was telling us that this sadness was only one of many being borne by the members of the church. Using Psalm 13, one of David's "lament" Psalms, I invite you and your group to walk through your own sense of loss, your own sorrow, and your own struggles. May the Lord be your comfort, and may your shared experience be a significant part of the healing process.

Pastor Roger

- 1) Read Psalm 13. This is one of fifty Psalms of lament, or sorrow. Charles Spurgeon called it "The Howling Psalm."

What part of this Psalm expresses what you are feeling right now, or what you have experienced in the past?

- 2) In verses 1 & 2 David asks "How long, O Lord" four times. Are you now, or have you ever been, in a place where all you could do was ask this question?
- 3) Verses 3 & 4 David seeks an answer. Looking back on your life, how has God supplied an answer from a completely unexpected direction, or from an unanticipated source?

Have you suffered from "Job's counselors," Christians bringing well-meaning, but inappropriate or hurtful "answers" to you in your pain?

- 4) C.S. Lewis said, in his book The Problem of Pain:

"I was never fool enough to suppose myself qualified, nor have I anything to offer my readers except my conviction that when pain is to be borne, a little courage helps more than much knowledge, a little human sympathy more than much courage, and the least tincture of the love of God more than all."

Have you experience this? How?

- 5) How have you experienced, like David, "I trust in your unfailing love." (v.5)? What was the key to arriving there?
- 6) Pray for one another, and ask the Holy Spirit to intercede for you (Romans 8:22-27).