

# Songs for the Journey

Prayers You Wouldn't Dare Say Out Loud  
8 Messages from the Book of Psalms

<b>Desperation</b>	<i>Psalm 13</i>	February 7
<b>Jealousy</b>	<i>Psalm 73</i>	February 14
<b>Spiritual Depression</b>	<i>Psalm 42</i>	March 7
<b>Grief and Sorrow</b>	<i>Psalm 6</i>	March 14
<b>Fear and Anxiety</b>	<i>Psalm 34</i>	March 21
<b>Anger</b>	<i>Psalm 137</i>	March 28
<b>Guilt and Shame</b>	<i>Psalm 32,51</i>	April 4 <b>Easter Sunday</b>
<b>Hopelessness</b>	<i>Psalm 22</i>	April 11

## LIFEGroup Study Guide

## QUESTIONS

Our LIFEGroups are 8-12 people meeting in homes during the week with the value to love God, love each other and love our neighbors for Jesus' sake.

1. Someone read aloud Psalm 13.
2. Give everyone a piece of paper and a pen. In the next 5 minutes re-write verses 1 and 2 in your own words. Be brutally honest.
3. Why do we often feel insecure expressing our desperation, depression, dejection, and feelings of abandonment to God?
4. Why is it healthy to be brutally honest with God?
5. What reasons does the song writer of Psalm 13 give for his confidence in being so brutally honest? (See vv. 5-6.)

# Prayers You Wouldn't Dare Say Out Loud

## 2010 - Making Disciples in Prayer

*Psalm 13* (Church Bible p. 537)

"Give me the making of the songs of a nation, and I care not who writes its laws." Andrew Fletcher 1700's Scottish writer and politician; Member of Parliament

### **Being brutally honest** Psalm 13:1-2

"How long, O LORD ? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? "

"How long?" (4X)

### **A reasonable request** Psalm 13:3-4

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

### **The reason for such honesty** Psalm 13:5-6

"But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the LORD, for he has been good to me."

## Songs for the Journey - #1

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