

Psalms of Summer
The Silent Treatment

Psalm 13
July 14, 2019

Psalm 13 gives us some strategies for the seasons when God seems silent...

When God seems silent, it can feel like He's disregarded you (vs. 1-2)

When God seems silent, be honest and tell Him what you want (vs. 3-4)

When God seems silent, continue to trust in His faithfulness (vs. 5-6)

What's your strategy for when God seems silent?

Thoughts for discussion...

In your opinion, what causes God to feel distant?

Can you relate to David's emotions in Psalm 13? Describe a time when you really wanted an answer from God and it did not come.

David seems to "let God have it" in this Psalm. What was your reaction to David's raw emotions? Are we allowed to talk to God like David did? Why or why not?

David had literal enemies hoping for his death. Do we face similar enemies? Explain your answer (hint: 1 Peter 5:8-10 might help you think about this question).

David concludes the Psalm declaring his trust in the Lord. Here are some practical ways you can remind yourself of God's faithfulness:

- Write out your God story (review it occasionally to remember God's grace and to update its latest details)
- Jot down your prayer requests and, especially, how God answered them
- Write down moments when you experience God's goodness in a special (go back to them when the dry seasons come)
- Check in with other Christians and be honest with each other about your spiritual journey (are you signing up for a Home Group this fall?!)
- Get into God's Word. Don't rush to petitioning God. Just listen to what *He has to say to you* (see Psalm 46:10 for inspiration on this one)
- Crank up the volume on a worship song that reflects how you are feeling and reminds you of God's goodness (make sure others aren't close by or sleeping ;))

Do any of these options work for you? What other practical strategies do you have?

Take some time to pray. Even if you don't feel connected to God right now, tell Him you love Him. Ask God to lead you by His Holy Spirit and to allow you to feel a sense of His guidance in your life.