

# Praying in Times of Pain

*How to Pray When There's No End in Sight*

D Group study based on Psalm 13

Prepared by Rachel Dahlhausen, based on a sermon by Brad Brandt, "Suffering Chronic Pain while Clinging to Enduring Hope"

## Read Psalm 13 together

### Bring Your Hurt and Hard Questions to God

- Notice that David is running to God with his questions, rather than away from God.
- David cries out "how long" four times in a row. What are some of the questions David asks God in verses 1-2? How does David feel?
- Had David seen God rescue him from difficulty in the past? What story from his life comes to mind? Do you think David wondered why God wasn't working in the same obvious way this time?
- Was David actually forgotten by God? Prove your answer with Scripture.
- It is easy for us to stop running to God with the pain continues and to instead try and numb the pain in other ways. But God wants to come to Him with how we feel, regardless of whether or not what we feel is reality. Even though David wasn't truly forsaken by God, that is how he felt. It is ok to sorrow. And it was good that He went to God with how he felt rather than just believing a lie or turning away from God. God already knows what's going on inside your heart. Don't be afraid to come to Him honestly, but pray with reverence because of Who He is.

Discussion: What are ways people tend to deal with their inner pain, rather than going to God? How would honesty with reverence look different than honesty without reverence when talking to God?

### Bring Your Requests to God

- What does David ask God for in verses 3-4?
  - David gives several reasons for asking God to answer Him. What are they?
  - When a believer falls, who does that reflect upon? David is asking for help for his own sake, but also for the sake of God's glory among those who are enemies of God and of David!

### Bring Your Praise to God

- Notice verse 5 begins with "But..." David transitions from looking at this problem to looking at God.
  - What truths does David affirm about God in verses 5 and 6?
- David states, "I have trusted" and "I will sing" in these verses. David is choosing his response, rather than letting his feelings dictate his response. Are feelings a reliable guide for our responses?
- What is David trusting in according to verse 5?
  - Is God's love based upon our circumstances (Romans 8:35-36)?
  - Upon our behavior (Romans 5:8)?
  - When did God begin loving us (1 Jn. 4:19)?
- What is David rejoicing in?
  - David didn't have the revelation we do about the gospel, though salvation was always by faith. How can you rejoice today in your salvation? How has God dealt bountifully with you?

Application: Use Psalm 13 and other lament Psalms to guide your prayers in times of grief. Pour out your heart's questions, bring your requests, and praise Him for who He is and what He promises. Minister with gentleness and love to those who you know who are suffering deeply and pray these truths for them today. Sing a hymn or worship song of praise to end your time!