



WEEKLY STUDY

Summer of Psalms - Week 3

We find a lot of lament in the Psalms. We read phrases like “How long?” and “My enemies surround me”. Does that sound like any of your conversations with God recently? Let’s continue to pray the same Psalm each day throughout the week. Spend extra time reflecting on what God is saying to you.

Please note our prayer focus for the week in the box below. Join us in seeing what God will do as we unite in prayer.

Peace of Christ,
Pastor Mark Youngman

If you are studying with your Providence Small Group or Discipleship Group, you can share from your own daily reflections and consider the Group Discussion questions below. If you would like to get connected visit prov.church/smallgroups.

Prayer Focus:

- Pray for children in our foster care system. Pray that God would move in the hearts of men, women and families who are called to open their homes to young people in times of transition.

DAILY STUDY

MONDAY: PSALM 13 (NIV)

For the director of music. A psalm of David.

¹ *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,
⁴and 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.*

- "How long, Lord?" It's a question of both frustration and faithfulness. We tend to live in that place quite often. We know of the goodness of God, and yet we also live with daily reminders of the brokenness of this world. Have there been seasons when you wondered if God had forgotten all about you? Have there been times when you felt that God may even have turned away? As you enter into prayer, make a list of some of those questions that you have for God. It's a good starting place for prayer.

- **Prayer Prompt: They called out in a loud voice, "How long, Sovereign Lord, holy and true, until you judge the inhabitants of the earth and avenge our blood?" (Revelation 6.10)**
- *God, may my cries and questioning come only from a place of a deep desire for all of your promises to come true. Amen.*

TUESDAY: PSALM 13 (NIV)

- "Wrestling with my thoughts." David, (like many others before and after him) wrestled with many foes. But among the most difficult foes to defeat were his own thoughts. Can you relate to this sentiment that leads to sorrow in your heart? Are you able to honestly present these thoughts to God? Will you let God transform your thinking with His truth? Spend a few moments offering to God the thoughts that are weighing you down today.

- **Prayer Prompt: as a man he struggled with God.**
⁴ **He struggled with the angel and overcame him; he wept and begged for his favor. (Hosea 12.3b-4)**
- *God, like Jacob, I sometimes feel like a wrestler, but when my opponent is my inner thought life, I am bound to lose the match...unless you intervene. Intervene and meet me in my own wrestling. Amen.*

WEDNESDAY: PSALM 13 (NIV)

- “Look on me. Give light to my eyes.” David prays these words as a follow up to the earlier question of why God’s face has been hidden from him. It’s a request and a plea for the creator of the universe to direct His attention on one man. And God desires to do just that. Think of all of the reasons you might want someone to look at you. Have you lost a feeling of connection with them? Are you looking for forgiveness? Ultimately, David is telling God that he wants to be able to see himself and his situation the way God does. Where is darkness preventing you from truly seeing the big picture?

- **Prayer Prompt: I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,¹⁹ and his incomparably great power for us who believe. (Ephesians 1.18-19a)**
- *God, thank you for looking upon me and offering grace and forgiveness. Give light to my eyes so that I could see the world the way you do. Amen.*

THURSDAY: PSALM 13 (NIV)

- David worried about the words of his enemies while he was down. It’s like he thought those words had power to become true if they were repeated over and over. It’s bad enough to be in a low spot, but the words of others can amplify our pain. We have opportunities every day to meet someone in their pain. We can offer words of judgement and shame, or we can offer peace and comfort. When was the last time God seemed to meet you in your pain?

- **Prayer Prompt: those who would harm me talk of my ruin; all day long they scheme and lie. (Psalm 38.12)**
- *Lord, all day long I hear lies and schemes—some of them are about me. But all day and all night, you are speaking the truth over me. Tune my ears to your voice, O God. Amen.*

FRIDAY: PSALM 13 (NIV)

- David sings our song, “But I trust in God, my Savior. The One who will never fail.” It’s the turn that exists at some point in each of David’s laments. As bad as it is, I do trust in God. This is the heart of lament. By crying out about and even listing the wrongs that have been done to you, you create space to get to the one thing that will always be true. God can be trusted and in Him, our salvation is secure. What can you add to your daily routine that will help you get to that turning point of saying, “But I trust in God...”?

- **Prayer Prompt: Trust in the LORD with all your heart and lean not on your own understanding; ⁶in all your ways submit to him, and he will make your paths straight (Proverbs 3.5-6)**
- *...But I trust in you God! Let that phrase be on my lips at the end of each hard thing today. You are my strength and my salvation. Amen.*

SATURDAY: PSALM 13 (NIV)

- Although it is easy to list the bad things we witness in the world around us, as followers of Jesus, we are training to sing and proclaim the goodness of God. Spend some time today listing and proclaiming how you have seen God’s goodness in your life.

- **Prayer Prompt: Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1.17)**
- *God, the list could go on and on as I consider how good you have been to me! Thank you for your faithfulness. Grow my heart of gratitude today. Amen.*

GROUP DISCUSSION

As a group, commit to reading a Psalm each day for the next 150 days (until October). You may have received a handout at Providence that will help you to keep track. When you come together as a small group, share with one another the ways in which God is speaking to you through each Psalm.

This week: Psalms 15-22

Does this Psalm reflect your words to God?

What is God saying to you through this Psalm?

Is there something you are invited to do in response to this Psalm?

What challenges you about this Psalm?