

READ PSALM 13:1-2.

What stands out to you about these verses?

Can you relate to David's question, "How long?"

Can you relate to his confession that he was storing up anxious concerns within him, and agony in his mind every day? Explain.

Do you tend to acknowledge anxious feelings in prayer? Why or why not? Do you acknowledge them to other believers or keep them to yourself? Why?

What do these two verses say to you about what to do when panic strikes...either for you or for those around you?

PSALM 13:3-4.

According to verse 3, what did David need to avoid "sleeping in death"?

Is it possible for God to restore your joy even when circumstances around you continue to spiral out of your control? Explain.

Considering David's fear in verse 4, what are some reasons people might enjoy seeing you panic along with everyone else?

Why is it important that Christians not panic, but continue to trust that God is in control even when everything feels like it's out of control?

PSALM 13:5-6.

How does the tone of these verses differ from that of the first four verses?

David spoke of deliverance and the Lord's generosity, but he hadn't experienced it yet for the current problem he faced. How could he confidently claim that God would deliver and treat him generously? How can we?

Did David only trust in God because he wanted to be delivered? Or do you think that David would've been satisfied even if his situation didn't resolve?