

A family is playing in a grassy field. A large water balloon is being thrown, creating a spray of water. The scene is bright and sunny, with a warm, golden light. The text "SUMMER PSALMS" is overlaid in large, bold, yellow and blue letters.

SUMMER PSALMS

PSALM 13

Aux. Lieutenant Amanda Pethybridge

- As a group, think of three emotions that sum up Psalm 13 for you. Why did you choose those three?
- What stands out to you most in David's words – his questions, his desperation or his trust?
- This psalm is a 'lament', which Amanda calls a "passionate expression of grief or sorrow". Have you ever needed to lament before God? What did that look like?
- Amanda says David interprets God's silence as abandonment. Have you ever felt God was silent? How did you respond?
- Something happens halfway through this psalm: David shifts from despair to trust. What do you think causes this shift?
- Have you ever experienced that kind of shift – moving from sorrow into hope or trust? What helped you get there?
- How can lamenting help us process pain and draw near to God?
- Amanda says seasons of brokenness are not just about asking God to meet our needs, but about being invited into deeper intimacy with him. When has a difficult season drawn you closer to God?
- Amanda compares a 'lament' to her daughter needing her presence, comfort and assurance. When we lament, what are we really asking God for? What are you asking God for right now?

Spend time praying for each other.

A close-up photograph of a field of yellow wildflowers, likely buttercups, in full bloom. The flowers are bright yellow and have a textured, slightly fuzzy appearance. The background is a soft, out-of-focus green, suggesting a grassy field.