



Lab Study Guide Winter 2018

Date: 1.21.18
Text: Psalm 13

Teacher: Scott Stark
Any other Text?: Matt. 26.36-39. Romans 8.35-39

1. **Read the Text Together** Read the Text for this week out loud with your group.

2. **Make Observations** What stands out? What phrases caught your attention?
Any repetition, contrasts, comparisons?

3. **Ask Questions** What is confusing or hard to understand? Any details that might be important?
Ask: who, what, where, when, why, how?

4. Background Information

- Psalm 13 is a Psalm of Lament.
 - Psalm = Song
 - Lament = Passionate expression of grief
 - There are 60 Psalms of Lament in the Bible. Over 1/3 of all the Psalms are Laments!
- Three key parts to the Psalm:
 - V1-2 Expression of grief to God as an act of worship (lament)
 - V3-4 Honest and earnest prayer for God's deliverance (prayer)
 - V5-6 Trust in God's love, and hope in God's deliverance (trust)
- Watch an interview between Eugene Peterson (translator of the Message) and Bono (leader singer for U2). On Honesty in the Psalms
 - [Peterson and Bono on Honesty in the Psalms \(12.25-14.32\)](#)

5. Application Questions

- Has there been a time in your life when you wanted to express your honest grief or frustration to God? Were you able to do that?
- These Psalms are intended to help us pray. If you were to use Psalm 13 as a template for your own prayer, what would you pray, and who would you pray for? Yourself? Your family? Your roommates? Our university? Our nation/world? (Use the following outline to help guide you).

How long, oh LORD will you forget about...

Look! Answer! Revive LORD or else...



I trust in your unfailing love. So I will praise you because you will...

6. Have everyone answer....

What verse or phrase from this Psalm was most powerful for you this week?

REMEMBER TO PRAY FOR VICTIMS OF HUMAN TRAFFICKING. THIS WEEKS PRAYERS:

Jan 22: Pray for Victims who are still caught in traffic

Jan 23: Pray for the vulnerable to be protected from becoming victims

Jan 24: Pray for the rescue of victims

Jan 25: Pray for justice against perpetrators

Jan 26: Pray for #stopthistráfico coalition who work to restore victims

Jan 27: Pray for drop in the demand for sexual exploitation and porn

Jan 28: Pray for Jesus and his Church to bring full restoration to victims