



Discussion Guide

Psalm 13

Share a time in your life when you were “overwhelmed with sorrow”?

What keeps you from processing your pain with God/others?

How do you work through the tension between rejoicing always and lamenting?

What have others done that’s been helpful/hurtful to bring comfort to you in times of sorrow? What are some things not to say to those who are grieving?

Read Psalm 13.5-6 and share some ways you’ve seen the goodness of God in your life.