



Sermon series: Heartbeat
Text: Psalm 13
Delivered: January 15th, 2022
Kyle Kauffman

A Passion for Living Authentically

Big Idea: We give voice to our struggles and sorrows to seek God's face and His grace in the midst of them.

_____ to God in prayer.

- Turning to God in prayer is the most _____ thing we should do in struggle and sorrow.
- Turning to God in prayer can be the most _____ thing for us to do in struggle and sorrow.

Give voice to your _____ (vs. 1-2)

- God gives us _____ to be honest with him.
- God gives us _____ to be honest with Him.

Make your _____ known to God. (vs. 3-4)

- Ask God with _____.
- Ask God like He's our only _____.

Choose to _____ God. (vs. 5-6)

- It's a trust rooted in God's _____.
- It's a trust rooted in what God's done in the _____.
- It's a trust rooted in God's future _____.

What are some of your favorite Psalms to go to over and over again? What is it about that those Psalms that are so meaningful to you?

Have there been moments in your life where it was really difficult to turn to God in prayer? What made this so difficult? What did you do in response?

What comes to mind when you think about complaining to God? How would you differentiate between good and bad ways of complaining to God?



Would you say it's easy for you to be honest with God or that you struggle to do this? What does being honest with God look like in your own life?

What are some of the things that can make it hard for you to pray to God with boldness?

Where have you experienced the power of having someone else pray a certain area of your life? What impact have you seen this to have in your own life?

What are some of the things that can keep us from praying for other people when they open up and share a struggle or difficulty with us?

As you walk through struggle and sorrow, what truths do you rehearse to help you keep trusting God?

- *Truths about His character?*
- *Truths about what He's already done?*
- *Truths about His promises?*

What's one area in your life or someone else's life that you could put the pathway of lamenting into practice?

- *If you are in a CARE Group or with someone else, spend some time practicing the pathway of lament in these areas together.*
- *If you are alone, consider writing out your own lament by going through the four markers talked about in this sermon.*

Further Resources:

- [*Watch Charlie Walter's Keystone Institute Class on Psalms for When we are Sick or in Despair*](#)
- [*Read article "To Cry is Human, but to Lament is Christian."*](#)
- [*Read "Dark Clouds, Deep Mercy: Discovering the Grace of Lament" by Mark Voegrop*](#)