



The Tracks of My Tears

1/31/2021

*How long, Lord? Will you forget me forever?
How long will you hide your face from me?
How long must I wrestle with my thoughts and day after day
have sorrow in my heart?
How long will my enemy triumph over me?*

*Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death, and my enemy will
say, "I have overcome him," and my foes will rejoice when I fall.*

*But I trust in your unfailing love;
my heart rejoices in your salvation.
I will sing the Lord's praise, for he has been good to me. Psalm
13*

Pain and sorrow and disappointment are real.

They last a long time.

Too much pain and I'll question God's love and presence.

*Will you forget me forever?
How long will you hide your face from me?*

Problems make me pull back and rely on myself.

How long will I wrestle with my thoughts?

God is big enough to handle my real and raw feelings.

*"My God, My God, why have you forsaken me?" -Jesus,
Matthew 27:46*

God's deep love relationship with me can bear the weight of my pain and misunderstanding.

Look at me and answer me, O LORD my God. Psalm 13:3

My disappointment finds its solution in God.

Talk it Over! For my thoughts and LifeGroup*...

Share a time when waiting for something seemed unbearable.

Read Psalm 13. How did waiting for God make David feel mentally, emotionally and spiritually? What does he feel like will happen to him if God doesn't answer?

When have you felt this way?

In the last section, David reaffirms his trust in God. What does he do to get to that point?

How would you answer someone who said, "You are experiencing problems due to lack of faith" or the opposite, "You are a fool to still have faith in this God."?

How can you use this psalm when you feel devastated and hopeless? When someone you love does?

In your prayer time, use verses from the psalm to pray from your heart.

*A LifeGroup is a group of people who are committed to loving each other and growing through times like these. For more information, connect with Pastor Len at len@marinerscc.org