

WEEK 2: WHEN I AM ANXIOUS

GROUP DISCUSSION GUIDE

PREPARE

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MAIN POINT

David had been anointed as the king, promised the throne years ago, and yet he is still on the run, wasting years of his life because a madman king named Saul wants him dead. How long will this last, God? How long before what has been promised comes to pass? Been there? David reminds himself of God's faithful love (*hesed*) and commits to worship his way through the pain.

LEAN IN BREAK THE ICE

What's one thing you find nearly impossible to wait patiently for—slow Wi-Fi, traffic, food at a restaurant?

LOOK DOWN LOOK AT GOD'S WORD

Read Psalm 13

A Plea for Deliverance

For the choir director. A psalm of David.

1 How long, LORD? Will you forget me forever? How long will you hide your face from me?

2 How long will I store up anxious concerns within me, agony in my mind every day? How long will my enemy dominate me?

3 Consider me and answer, LORD my God. Restore brightness to my eyes; otherwise, I will sleep in death.

4 My enemy will say, "I have triumphed over him," and my foes will rejoice because I am shaken.

5 But I have trusted in your faithful love; my heart will rejoice in your deliverance.

6 I will sing to the LORD because he has treated me generously.

Read Psalm 13. What is David saying at the beginning of the psalm? Compare that to what he writes at the end. What changed?

The superscription says this psalm is “For the choir director.” What does that tell us about how this private anguish was meant to be used?

In verse 6, what reason does David give for singing to the LORD?

**LOOK OUT
IDENTIFY THE
RELEVANCE OF GOD'S
WORD IN THE WORLD**

Anxiety may be the defining struggle of our cultural moment. When anxious concerns pile up, where does our culture tell people to take them—and how does that compare with where David takes his?

**LOOK IN
APPLY GOD'S WORD
TO YOUR LIFE**

What “How long, Lord?” question are you carrying right now? Have you brought it to God as honestly as David did?