



How Long?

Psalms 13

Complaint

I'm Forgotten in my time of need.

I'm Freaked in my thoughts and feelings.

I'm Falling to a stronger foe.

- **We need to learn to cry/lament.**

Prayer

Lord, see me.

Lord, help me.

Lord, rescue me.

- **We need to lean into God/pray.**

Confidence

I choose to trust your love.

I express my gratitude for the "whole".

- **We need to look to God's love for us.**

*1st message in the Psalms series, by Pastor Tim Hawks.
CDs of this message (02/28/0910) may be purchased at the
Resource Center or listened to online at www.hcbc.com.*

REALife Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or REALife Group.

1. Read Psalm 13. How do you feel about David expressing his complaint/lament to God? Have you ever been this direct in expressing your disappointment with God?
2. Have you ever experienced a "how long" event? Describe it. Do you feel that you are in a "how long" time now?
3. Why is prayer such a healing, restoring, gift given to us by God? See Phil. 4:6-7 & Heb. 14-16. Are you practicing regular prayer and "leaning" into God?
4. Why should we trust God's love for us when circumstances seem like he is against us? Give specific reasons. See Rom. 8:31-39

Memory Verse

How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

Psalms 13:1