

Heart of a Champion: Psalm 13

June 19, 2016

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Scripture

How long, Lord? Will you forget me forever?
How long will you hide your face from me?
² 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?
³ Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death,
⁴ and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.
⁵ But I trust in your unfailing love;
my heart rejoices in your salvation.
⁶ I will sing the Lord's praise,
for he has been good to me. -- Psalm 13

Talking Points

- Life is marked by sorrow and heartbreak, disappointments and despair. The psalms of lament were written as an honest expression of this part of life.
- We are called to weep with those who weep, to mourn with those who mourn instead of trying to explain what has happened, or trying to find a quick solution.
- We need to stop using generalizations about people. All Christians are like this. All Muslims are like this. All Gays and Lesbians are like this.
- Our faith should never be a reason to turn away from each other, but it must be a reason to move toward each other, even when we don't understand or approve.
- When we listen to someone's story, we are saying that they matter to God. We can be sure they will not tell us their story if they do not feel safe.

Questions for Reflection

- Can you trust God with your deepest sorrow?
- Does your religion harden your heart or soften your heart? Does your faith cause you to move toward other people or away from them?
- What do the psalms of lament teach us about God?
- How does expressing our raw emotions deepen our connection to God?
- Can we become a church where people feel safe to share their stories? How might hearing those stories from people who are different from us change us?
- What is the one thing you will take away from the message today?



Group Life @ Middletown

If you are interested in taking part in a sermon-based discussion group or other small group, visit middletownchristian.org or contact Tracy Spann, tspann@middletownchristian.org to learn more.

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