



WHAT'S NEXT?

Our Forgetful God

Psalm 13:1-6

November 21st - 22nd

Psalm 13:1-6 (NLT)

1 O LORD, how long will you forget me? Forever? How long will you look the other way? 2 How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? 3 Turn and answer me, O LORD my God! Restore the sparkle to my eyes, or I will die. 4 Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall. 5 But I trust in your unfailing love. I will rejoice because you have rescued me. 6 I will sing to the LORD because he is good to me.

David's Quick Turnaround

- Regret
- Request
- Rejoicing

Big Takeaway: *We are so much more than our memories. It's not what we forget, but what God remembers, that matters.*

Discussion Questions

1. In Psalm 13:1-2, we see David unloading some very raw feelings to the Lord. Do you feel free to share your whole heart with God, even when it's messy or painful?
2. In Psalm 13:3, David says he will die if God doesn't answer him. Have you ever felt so overwhelmed by your feelings that you didn't know how you could make it to the next day? How did God show up in your most desperate moments?
3. After pouring out his feelings to the Lord with brutal honesty, David pivots from feelings to action in Psalm 13:5-6. How can you practically follow David's example? Is there a worship song that helps shift your perspective from your pain to God's faithfulness?
4. Pastor Carl summarized David's strategy for healing as "tears, truth, trust triumph." In your own life, are you open to this healing process or do you find yourself resisting or avoiding any part of it?

Application Point: *Like God, what things should I choose to forget and what memories of God do I need to hold on to?*

Contacts/Resources

- Biblical Life Coaching- [Stacy Ward](#)
- Dream Team- [Denise Dietz](#)
- Forward- [Denise Dietz](#)
- Next Steps- [Jolene Baca](#)

