



Getting Started:

- If you could go anywhere or do anything for twenty-four hours, what would you do?
- What was your favorite indoor activity as a kid? Why did you enjoy it so much?

Going Deeper:

- What is God showing you this week as you read his Word and pray?
- What decisions or life struggles do you need Biblical direction or prayer for?

Message Summary

Psalm 13:1-6

December 26, 2021

This week, we concluded our Psalm series. This has been a series where a few staff and elders have been trained and equipped to preach. Over the last year, we have been looking at the book of Psalms. We started with Psalm 1 and are finishing with Psalm 13. This provided our senior pastor a break and allowed us to hear from some great preaching from those who help lead and guide our church. If you missed any sermons in this series, go to our website and check them out: gatewayepc.org/sermons. There were a few things unique about this week's service. First, we were combined, and it was great to see everyone from both campuses together. Secondly, the kids were in service, so it was good to see them as well.

To begin, we saw that David (the writer of our Psalm) was on the run from Saul and was fighting depression. We discovered that depression is a constant state of mind for many today. In fact, the numbers seem to say it is far worse than normal because of the pandemic. So many understand David's state of mind. In his depression, he cried out to God four times. The main reason for this is he felt like God had left him alone and he believed his enemies were going to overtake him. He also believed that when they did, he would be killed and his enemies would gloat over their victory. David was also worried about God's reputation because David believed that if he was defeated then God would look defeated. So David was crying out for God to protect him from his enemies.

Next, we see David not only wanted God to answer but also give him the wisdom to face the day. David had been anointed king but would not sit on the throne for fifteen years. During eight of those years, he was running for his life. In our verses, he just needed a reminder that God was going to fulfill the promises he had shown David as a young boy. David believed if God didn't respond, he would die. Once again we see the depth of David's depression. We looked at some common causes of depression - from physical exhaustion and illness to coming down from a high point in life. The final and most obvious reason for David at this moment in time is he felt pressure from both spiritual and natural enemies.

We concluded our time looking at David's sudden change in perspective. David changed his perspective from what he wanted God to do to remembering how God had shown his love and faithfulness in the past. Even though nothing had changed for David, he realized that even though he felt God had left him, he never had. It just felt that way. David then cried out in praise that he knew God would rescue him. We were reminded that many of us have tried to self-rescue, but we can't save ourselves. We can cry out in praise like David because we have a rescuer and his name is Jesus. Sometimes we get comfortable in our comfort and need to be reminded of all he has done for us through his life, death and resurrection. If we really take an honest look at where we were before he saved us, it should cause us to worship him with all of our hearts singing at the top of our lungs.

DISCUSSION & APPLICATION QUESTIONS

Take a moment to read our sermon text:

Psalm 13:1-6

After briefly reviewing the message summary, use these questions to further examine the sermon and to discuss how these truths apply to daily life, so we can “be doers of the word, and not hearers only” (Jas.1:22). Based on your knowledge of the people in your life group, select the questions that will best help you frame the group’s discussion of this sermon and sermon text.

GENERAL SERMON QUESTIONS

1. What do you think is the key message of these verses? Explain why you think this.
2. After hearing the message and reading the scriptures, what was your biggest takeaway and why?
3. In what ways do these truths, which were written thousands of years ago, apply today?
4. Which point in the sermon spoke to you the most? How did it affect you?
5. In what ways do these passages point to Christ? What can we share with others about him from what we just heard and read?

First Read Psalm 13:1-6; Mathew 27:46; 2 Peter 3:9; Deuteronomy 31:6; Colossians 1:13-14

Questions From The Sermon:

1. Talk about how depression has impacted your life. (Maybe it’s your own struggle or someone you know.)
2. Why is depression such an issue today? How can we know David is depressed in our psalm?
3. What are some things you learned about David this week? Why is his story so important to us today?
4. What did David feel God had done? Why did he want to feel God’s presence again?
5. Why did he call out, “How long?” Why have you called out “How long?” to God recently?
6. If David was defeated by his enemies, who else did David believe would be defeated?
7. What changes in David cause him to go from depression to delight? How did he know God would rescue him?
8. How do you think you would respond if God showed you your future and the plans he had for you?
9. David responded to his rescue with praise without understanding the promise of Jesus as we do. So how should we respond to all Jesus has done for us?
10. How can getting comfortable with our rescue be bad? When was the last time you truly praised God for sending Jesus to rescue you -or- thanked Jesus for what he did for you on the cross?
11. Why should we never stop taking our requests before God?

The Challenge - Life Application

- ☐ Read the passages used in this week's message. Write down any scriptures you need to be reminded of on sticky notes and place them around the house. Try to memorize as many as you can.
- ☐ Reflect on the message and ask God to give you his strength as you follow him.
- ☐ Pray that, as Christ-followers, we would reflect the change God has made in us.
- ☐ Go back and listen or watch the sermon if you missed it or you need to be reminded of its truths.

Weekly Prayer Focus

Pray for Our Church:

- Ask God to use us as instruments for His purpose and glory.
- Pray that we are a GOING church, proclaiming the gospel to the nations.
- Ask God to help each of us to live a life that reflects him.
- Pray for all of our campuses.
- Pray for our pastors and leadership here at Gateway.

Pray for Our City:

- The government and civic leaders
- Those in need in our community and the services that help them
- The fire and police departments
- Schools, students, and teachers

Pray for Our World:

- Pray for the Christ-followers in Sri Lanka, Lebanon, Cuba, Afghanistan, and Bangladesh.
- Pray for all of those who are being persecuted in harm's way for the Kingdom.
- Pray that the message of Christ will reach all of mankind.

Pray for Life Groups at Gateway:

- Pray for those who are leading our groups.
- Pray that everyone involved in our groups would continue to be rooted in the Word and connected to each other.
- Pray for relationships to grow with other Christ-followers and that we will encourage and care for one another.
- Pray for discipleship opportunities.