

# Pselect Psalms 1 - Psalm of Questioning

## Intro

Go around and ask each person to share a high point and low point from their week.

Say:

- Over the next few weeks, we're going to look at a few different Psalms and how they relate to our lives.
- Many Psalms are Psalms of praise, but there are lots of other emotions expressed in the Psalms too.
- Tonight we're going to look at Psalm 13 which we might call a "Psalm of Questioning"...

## Psalm 13

Have someone read Psalm 13:1-4 (while everyone follows along in their Bible)

Ask:

- How is David feeling, based on these verses?
- What are hard circumstances people face in life that might make them feel the way David is describing?
- Have there been times you've felt something like David, or do you feel like that in some way right now?  
*(Help set the tone to help kids feel open to share about this.)*
- What can you learn from this about life and talking to God about what is going on in your life?  
*(We can be honest with God about how we feel, but we should be respectful since we're talking to God)*

Have someone read Psalm 13:5-6 (while everyone follows along)

Ask:

- What do you think makes David able to say this?  
*(David trusted that God was loving and faithful.)*
- What are ways you've seen God be faithful or loving to you?
- How can you personally - or we as a group - follow David's example in these verses?  
*(Trust and be hopeful in God - even when our circumstances are difficult. You could share a way you've been able to be hopeful in God even in hard times and how you have experienced God to be faithful. Try to help teens really think about how this applies to them, personally.)*

Say: In order to ultimately rejoice in God's salvation, we need to have him as our savior by trusting in Jesus. If you haven't trusted Jesus to save you, please talk to one of the leaders or another Christian today!

## Prayer Time

Have volunteers share prayer requests - including difficult things they may be facing that they can use prayer for - as well as share praises. Then spend time praying together as a group.

**References:**

*Junior High: The Psalms* by Word Action, p22-27 (By Jim Manker?).

Lyman Coleman, Introduction to Psalms and Bible Study Questions for Psalm 13, *Serendipity's Interactive Study Bible* (Littleton, Serendipity House, 2001).

William W Klein, et al, *Introduction to Biblical Interpretation* (Word, 1993), 225-236

W Randolph Tate, *Biblical Interpretation: An Integrated Approach, Revised Edition* (Hendrickson, 2000 printing), 106-110

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