



I TRUST IN YOUR UNFAILING LOVE

PSALMS

PREPARATION

- ➔ Source a smooth stone for each member and pens able to write on them, eg acrylic markers
- ➔ Print copies of Psalm 13 in your preferred translation or use the resource sheet which is *NIV*
- ➔ Provide each member with a large sheet of paper, coloured pens, pencils and markers
- ➔ Gather paper and pens for writing
- ➔ Prepare reflective background music to play during some of the activities
 - ➔ **'Psalm 13'** by Jeff's Piano (21:15)
 - ➔ **'Tahylym' (Psalm 13)** by Yasharal Instrumentals and Devotionals (13:33)
- ➔ You may wish to make sure there are tissues, refreshment and pastoral support for any member who needs it.

Additional resources

- ❖ *Psalm 13*

Be sensitive as the theme may be distressing to some members.

INTRODUCTION/BACKGROUND

Life is not always easy. There are times when we feel disappointed, lonely, hurt, anxious or overwhelmed. Sometimes we may wonder where God is in the middle of our struggles. Yet Jesus said, *'I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.'* (John 16:33)

We know that trials and sorrows are a part of this life, and yet sometimes we can feel stuck knowing how to process our sorrow. How do we bring God into our stories and hold on to hope through it all?

The Psalms remind us that God welcomes every part of our experience. While some psalms overflow with praise and thanksgiving, others are filled with questions, tears and cries for help. These are known as lament psalms.

Psalm 13 is one of the shortest psalms attributed to David, but it takes us on a powerful journey. David begins by asking, 'How long, Lord?' David feels forgotten, discouraged and overwhelmed. Yet by the end of the psalm (v5), he is able to say,





'I trust in your unfailing love.' David finishes a psalm of lament in a place of trust, joy and encouragement.

Today we will reflect on our own stories, acknowledge sorrow and loss, and learn from David how to bring our pain before God while holding on to hope.

ACTIVITIES

DISCUSS

The story of life

Provide each member with a large sheet of paper and drawing materials. Invite them to draw a road, pathway, river, timeline or map representing their life journey so far.

Along the route add words, symbols, colours or drawing to represent significant moments such as family events, challenges, achievements, bereavements, illness, celebrations.

Invite members to share part of their stories. Questions might include:

- * What was easy to include on your journey?
- * What was difficult to include?
- * Which part of your story has shaped you most?
- * Where have you experienced sorrow or loss?
- * Looking back, where might God have been at work?

Please note: Members should feel they only need to share to the extent that they feel comfortable to do so, if they want to share at all. Perhaps make them aware of anyone in the sessions that they can speak to, if there's anything they need to talk about further or share with someone after the session.

Thought

Every life story contains both joy and sorrow. When we look back over our lives, we may discover that God has been present not only in the good moments but also in the painful ones. Psalm 13 reminds us that our struggles can become part of our conversation with God.

REFLECT

Give each member a print copy of Psalm 13. Explain that the psalm is a lament and laments follow a pattern:

Connect



1. Honest sorrow
2. Bringing pain before God
3. Asking for help
4. Finishing with hope and trust

Invite members to write their own lament based on:

- ✧ Their own experiences of sorrow; or
- ✧ The sorrow of someone they know; or
- ✧ A situation in the world that causes them grief.

Afterwards, some members may wish to share their lament aloud.

CRAFT

Stone

Give each member a smooth stone and some marker pens. Invite members to decorate a stone with one of the following:

- ✧ Hope
- ✧ Trust
- ✧ Peace
- ✧ Courage
- ✧ Psalm 13:5
- ✧ God is with me

Thought

The stone can serve as a reminder that God's faithfulness remains constant even when circumstances feel uncertain. Encourage members to place the stone somewhere visible at home.

BIBLE READING/THOUGHT

Psalm 13

Psalm 13 is one of the Bible's clearest examples of lament. David is struggling and feels forgotten by God. Four times he cries, 'How long?' His words are honest, raw and full of emotion.

What is striking is that David does not hide his pain or pretend everything is fine. Instead, he brings his sorrow directly to God. He asks questions, expresses his fears and asks for God's help. But the psalm does not end in despair. David finishes by saying: *'But I trust in your unfailing love; my heart rejoices in your salvation.'*





Although his circumstances have not changed, David chooses to remember God's love and faithfulness.

Psalm 13 reminds us that faith is not pretending we are OK. Faith is bringing our pain honestly to God and trusting him even when we do not have all the answers.

Whatever we are facing, we can be honest with God and still say:
'I trust in your unfailing love.'

PRAYER

Loving God,
Thank you that you know every chapter of our story.
Thank you that we can bring both our joys and our sorrows to you.
When we feel overwhelmed, give us strength.
When we feel lonely, remind us that you are near.
When we are grieving, comfort us with your peace.
Help us to be honest with you about our struggles and courageous enough to trust you with them.
May we learn from David to bring our lament before you and to place our hope in your unfailing love.
For you are faithful yesterday, today and for ever.
Amen.

SONGS

- ♪ 'Another in the Fire'
[Official lyric video](#) by Hillsong UNITED, TAYA (5:41)
[Live performance video](#) (press cc for lyrics) by Hillsong UNITED (8:22)
- ♪ 'He Understands'
[Official video](#) (no lyrics) by Chandler Moore (6:46)
[Lyric video feat Chandler Moore](#) by Light of the World (6:47)
- ♪ 'Psalm 91'
[Acoustic video](#) (no lyrics) by Jonathan Ogden (3:01)
[Lyric video feat Jonathan Ogden](#) by music meets heaven (3:25)
- ♪ SASB 219 'Because he lives'
[Official lyric video](#) by nicolecmullenmusic (2:20)
[Official lyric video](#) by Phil Wickham (1:50)



♪ SASB 741 'When peace like a river attendeth my way [It is well with my soul]'

Brass instrumental video (no lyrics) by Music and More (3:03)

Official lyric video by SovereignGraceMusic (5:17)

Official live performance video (press cc for lyrics) by Chris Tomlin (4:52)

Orchestral video (no lyrics) by The Tabernacle Choir at Temple Square (4:53)

Piano instrumental lyric video by Pure Worship Piano (4:16)

Official video (press cc for lyrics) by Tomme Profitt and Bay Turner (5:52)

WEBSITE AND CONTACT DETAILS

- Connect website: www.salvationarmy.org.uk/connect
- Family Ministries website: www.salvationarmy.org.uk/families
- Emails: familyministries@salvationarmy.org.uk
- Facebook: @sarmyfm
- Twitter: @ukifamily
- Instagram: safamily_ministries



Family Ministries

Having faith in the family

Providing intergenerational support, training and resources for

Children | Adults | Everyone





PSALM 13

PSALM 13

For the director of music. A psalm of David.

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

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