

mended

when hope  
wounds

22 January  
2017

This week serves as a reminder that following God doesn't eliminate disappointment, and hoping in God does not result in constant happiness. Rather, God gives us a path through the hard times in our life

Thinking & talking through the biblical text during the week helps turn what God is saying into action steps. Here are some key questions to get you started.

**Reflection Questions:**

- How have you seen disappointment affect people's lives?

Read **Psalm 13**

- What questions are asked in **Psalm 13**?
- Knowing that David is described in **Acts 13:22** "*as a man after God's own heart*" do you find it odd that he is having troubles, or that he is reacting in this way?
- What things does David want God to do in this Psalm?
- What is David afraid will happen to him?
- How does David handle his problems at the beginning of this Psalm?
- Do you make a habit of going to God with your disappointments? Are you honest with him, and with yourself? Why is this difficult?
- How does David handle his problems at the end of the Psalm?
- Even though David's problems haven't gone away, what does he decide to do?
- Do you think you are able to react to your sufferings the way David does here? Why or why not?

Read **Romans 5:1-5**

- What is the apostle Paul telling the church in Rome they can rejoice in?
- Why (and how) do we rejoice in our sufferings?
- What do we have to aid our hope that David did not have?
- Do either David or Paul have assurance that turning to God will make their suffering disappear immediately?
- What do David and Paul teach us about where to focus when we're dealing with our sufferings?

**Living it Out**

As you are praying this week:

- Be aware of any wounds or disappointments you are still carrying the burden of.
- Pray for strength to turn to God and lean on Christian community to deal with those wounds.