

## **Enlarging Your Soul through Loss and Suffering**

Psalm 13 and Matthew 26:31-44

Psalms in the Key of Life, pt. 4

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### **Open It**

1. What emotions do you feel when you lose something? Think of those glasses. That coffee mug. Those keys. Typically what do you do? How do you “go on”?
2. What emotions do you feel when you experience loss on a personally profound level? The loss of a loved one? Or the loss of a job? Of health? Of wealth? Typically how do you handle these emotions?
3. In what ways have your friends or family helped you through a time of loss? What have they said or done that has been less than helpful?

### **Explore Psalm 13**

1. What questions went through David’s mind as he waited for the Lord’s answer to his prayer? (Psalm 13:1-2)
2. Why did David cry out to the Lord? (13:1-6) How does this psalm make you feel? What emotions did he evidence? Does his transparency make you feel uncomfortable?
3. For what reason did David want the Lord to save him? (13:4)
4. What two character traits of the Lord’s encouraged David in his despair? (13:5)
5. How did David’s emotions change when he reminded himself of God’s character? (13:5-6)
6. What expression of confidence concludes this poem? (13:5-6)
7. How did David’s memory of the past change his perspective on the present? (13:6)

### **Explore Matthew 26:31-44**

1. The end of Jesus’ vibrant, popular, earthly life and ministry appeared to be an enormous loss to his disciples and followers. In this passage observe two very different approaches to that loss - the apostle Peter and Jesus. Peter was deeply invested in Jesus and his kingdom, having left everything to follow him. What is Peter’s response to Jesus’ shocking prediction (vs. 31-36)?
2. In the message I mentioned four ways that conflicted couples often handle difficulty: withdrawing, escalating tensions, negatively interpreting situations, and invalidating feelings. Think through how you typically handle loss. Why do you think you handle loss/suffering this way? How would you prefer to handle loss?

3. It is important for us to remember that Jesus was both fully human and fully God. Look at verses 36-41 and identify some of the ways that Jesus dealt with and moved through his losses.
4. What about Jesus' example of grieving most speaks to you about embracing your own grief and loss?
5. Think about losses at different times of your life and the ways that you responded to them. As you reflect on this, what might it reveal to you?
6. One of the central messages of Christianity is that suffering and death bring resurrection and new life. Are there any losses you have not yet embraced where new life is still waiting to be birthed?

### **Apply It**

1. What is one step you can take this week to embrace loss and grief so that you enlarge your soul and deepen your trust in God?
2. What past acts of God's goodness to you can you identify as reminders to trust Him today? (much as David does in Psalm 13).

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### Notes on the message: Psalm 13

#### Introduction

1. Be Open with Your \_\_\_\_\_ vss. 1-2
2. Be Open with Your \_\_\_\_\_ vss. 3-4
3. Be Open with Your \_\_\_\_\_ vss. 5-6

Conclusion/Application: