

Psalm 13

1 How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

*² How long must I take counsel in my soul
and have sorrow in my heart all the day?*

How long shall my enemy be exalted over me?

*³ Consider and answer me, O Lord my God;
light up my eyes, lest I sleep the sleep of death,
⁴ lest my enemy say, "I have prevailed over him,"
lest my foes rejoice because I am shaken.*

*⁵ But I have trusted in your steadfast love;
my heart shall rejoice in your salvation.*

*⁶ I will sing to the Lord,
because he has dealt bountifully with me.*

PAIN (vv. 1-2)

1 Corinthians 15:26

²⁶ The last enemy to be destroyed is death.

Sadness is the feeling

_____ is the condition

_____ is the expression

PRAYER (vv. 3-4)

Sadness moving in unhealthy direction: _____

Sadness moving in a healthy direction: _____

(2 Corinthians 1:4)

Practical Advice for walking with people through grief:

1. **Say this:** "I am sorry for your loss (pain, hurt, sadness)"
2. **Say this:** "Tell me more"
(this could be about the loss, the person that they lost, or what is being experienced)
3. **Be present.** Don't underestimate the ministry of presence.
 - a. Show up. Default to presence. (they can tell you if they need alone time)
 - b. Don't try to fix it or reframe it

PRAISE (vv. 5-6)

“The moment we address our lament upward to the God and Father of Jesus, our prayer becomes something more than outpouring of human sorrow. It contains within itself, by the ministry of the Spirit of God, who groans in and through our prayers, the seeds of a future rescue and therefore even of present praise. For praise is the appropriation in the present of truths that will be consummated only in the future. We praise not because the present is triumphant but because the future is glorious.”

- Christopher Ash, The Psalms: Volume 2

3 ways to support Burund Trip:

1. **Encourage:** Use cardstock to write a note of encouragement and scripture(s). Ask the Lord for a specific word or verse to encourage them. (This will be bound to their conference booklet).
2. **Give:** Each pastor will be sacrificially paying their own way. \$30 will cover the cost of them receiving special food and gifts from us to strengthen them.
<https://onrealm.org/jicc/give/burundi>
3. **Pray:** Schedule, prayer points, and links to WhatsApp group and social media posts will be on: www.jicc.us/burundi-2026



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