

Devotion 14: Real Struggles, Real God

March 10, 2026

Scripture: *Psalm 13:1–2*

“How long, O LORD? Will you forget me forever? How long will you hide your face from me? How long must I take counsel in my soul and have sorrow in my heart all the day?”

Devotion

Sometimes people think that if you’re a Christian, you shouldn’t have any complaints. But that’s not what the Bible teaches. King David, a man after God’s own heart, cried out, “How long, O LORD?” The Israelites in the wilderness had real, serious needs—no water to drink, no food for their children. These weren’t small inconveniences; they were matters of life and death. Today, people face struggles just as real: a parent loses a job and can’t pay the bills. A family member gets a terrible diagnosis. A friend betrays you. Loneliness that won’t go away. These are not petty complaints—they are the deep groaning of people living in a broken world. God takes our struggles seriously. He doesn’t roll His eyes at our pain. The difference between grumbling and prayer isn’t about whether our problems are real—it’s about where we take them. Grumbling turns us inward and against each other. Prayer turns us toward the God who cares more deeply about us than we can imagine.

Discussion Questions

1. What is a big struggle your family is facing right now, or one you’ve faced in the past?
2. Why do you think God included prayers like Psalm 13 in the Bible?
3. How can we help each other bring our real struggles to God instead of just holding them inside?

Closing Prayer

Lord God, You know every struggle we carry—the ones we talk about and the ones we keep hidden. Thank You for inviting us to bring everything to You in prayer. Help us to be honest with You and with each other. Through Christ our Lord. Amen.

Family Action Item: Before bed tonight, each family member writes down one thing that’s weighing on their heart. Put the papers in a bowl and pray over them together, trusting God with every burden.