

**Series: "Own Your Past, Change Your Future"**  
**Sunday Message: "How Do I Heal From Trauma?"**

April 14, 2024 Kitt Guerrier

**Icebreaker:**

In your opinion, why do Christians today struggle to be honest with God about their disappointment?

**Sermon in a Sentence:** "God is always good!"

**General Discussion [Groups of 4]:**

**Read Psalm 13**

1. What stood out to you in this Psalm?
2. Can you identify a situation in your life where you felt like David in verses one and two? How did you handle it?
3. David was open and honest with God in his disappointment, why was this transparency between David and God important? Do you share your heart honestly and openly with God?
4. In David's traumatic experiences, he turns to God in prayer. What were the three things in verse three that Pastor Kitt said David asked God for and why did David ask for these three things?
5. How does David go from worry in verses one and two to worship in verses five and six?

**Gospel-Centered Discussion:**

6. Jesus was made a sin offering and died in our place and endured both physical and emotional suffering to bring us near to God. How does this inspire you to approach God with everything from your disappointments, hurts, and struggles, to your praises, thanks, and adorations?

**Application Discussion.**

7. How can Psalm 13 encourage you to persist in prayer even when it seems God is silent?

Please pray for the person on your right and ask God to help them with their answer to question #7.