

(1) It might help if each of you took a few minutes and described, as best and honestly as you can, your own personal battles with depression. For some of you it may be that such battles are few and short-lived. For others, the struggle is long-term and intense.

(2) What do you make of David's repeated cry, "How long, O Lord?" What do you hear in this? What is behind and beneath his prayer? Is there complaint hidden within it? Is there a measure of faith in it?

(3) Have you ever felt as if God has forgotten you? Describe it. What led you to think in such a way? How did you eventually come to the conclusion that you always were and always will be on his mind?

(4) What is your reaction to what I called the "emotional spectrum" of the Psalms? Give some examples from your own reading of the psalms. How does the brutal honesty and vulnerability of the psalmist affect you? Are you encouraged by it, strengthened, given hope, or does it have an adverse effect on you?

(5) David concludes Psalm 13 with a determination to worship God again and to remember all that God has done for him. Why? How does this serve to lift someone out of depression?