# TRUSTING GOD IN TOUGH TIMES Psalms 13

"Cast the burden of the present, along v	with the sin of the past and the fear of the
future, upon the Lord, wh	no forsaketh not his saints."

-Charles Spurgeon

1. The Cause of Spiritual Depression.

2. The Cry of Spiritual Depression.

3. The Cure for Spiritual Depression

### Small Group Homework - Week of September 23, 2018

#### Getting to Know You

We have spent this week getting to know Matt & Brandi Round.
 Share with the group something that you learned about them. Want to know more about Matt? You can email him at mattround@dslextreme.com.

#### Into the Bible

2. Do you believe that if you just have enough faith God will make everything work out the way you want it to? Read Hebrews 11:32-38. This passage about faith seems to paint a different picture. Discuss with your group how you react when things go wrong but you believe you have been doing God's will.

3. Other people in the Bible faced similar tests. Read Jeremiah 20:7-13. How does his reaction differ from David's? How are they similar? Then read verses 14-18 of that chapter. Why does Jeremiah seem to sink back into despair?

## Application

4. Have you found yourself in spiritual depression before? Share with the group what you do as an individual to break out of that depression.

5. How do you help other people who are going through deep trials? Do you have ways to "mourn with those who mourn" (Romans 12:15) that have been effective in the past? Share your experience with the group.