



SMALL GROUP STUDY

Week 2

Chapel Hill Uniting Church

“How long, O Lord? Will you forget me forever? How long will you hide your face from me?”

Psalm 13

Week 2 Disorientation

- Read opening the meditation.
- **Watch the Clip:** Managing grief and depression:
<https://www.youtube.com/watch?v=ea20oeeV1G0>
- As you hear this story, what do you notice in yourself, and what do you notice in this man?
- Read the personal prayer. What word or phrase stands out to you?
- Most seasons of disorientation from God result from a complaint that God should correct a skewed situation. What story of disorientation would you like to share?
- Read Psalm 13. What word or phrase stands out to you?
- Close in prayer.

Opening Meditation: (Psalm 139:23 TPT)

God, I invite your searching gaze into my heart.

Examine me through and through.

Find out everything that may be hidden within me.

Put me to the test and sift through all my anxious cares.

Personal Prayer (UCQ & UCAQ, 2022. *Remaining in Lament and Hope*, p, 46.)

Where are you God?

My eyes cannot see you, my heart cannot feel you.

I cannot recognize you right now.

I am not sure that I know you.

I am not sure that I know myself.

And my soul feels bereft...

There you are God.

You look different.

You feel different.

But now I am beginning to see,

You are there God, and I did not know it.

Closing Prayer (The Passion Translation, 2017. *Prayers on Fire*, p, 31.)

Lord, thank you for allowing me to go through the difficult seasons. There was a time in my life when I never thought I would say those words, but now I look back and see how glorious those dark times really were.

In the midst of my deepest pain, I learned how immediate and tangible your presence can be. You pour out such tender love and comfort when I need you most. Had I not gone through those moments, seeking you in the midst of them, I would not have known the beauty of your consolation.

When my whole world is falling apart, you come as a loving Father and hold me in your arms. With whispers of hope, you always strengthen me. You remind me of your promises and your never failing truth. You reach into my deepest pain and heal it with your love.

Though I don't enjoy seasons of sorrow, I am so grateful for the many things I've learned. I praise you for being present with me and manifesting your love so faithfully. Amen.

Helpful resources

<https://www.beyondblue.org.au/>

<https://www.lifeline.org.au/>

<https://www.blackdoginstitute.org.au/>

<https://www.ruok.org.au/findhelp>

<https://headspace.org.au/headspace-centres/>