

It's OK Not to Be OK

Dr. Stephen Tan | Psalm 13:1-6

Watch

Watch the sermon. As you watch, use the space below to take notes on anything that stands out to you. Pay careful attention to the context of the biblical text, insights and principles highlighted, and any supporting scripture mentioned.

** KEY TAKEAWAYS**

- Remember that disappointments and failures are a part of life
- Remember that God is always available to help
- Recognize that God loves and accepts you
- Recall that Jesus Christ provides salvation and hope

Talk It Through

1. Psalm 13 highlights David's raw honesty with God about his feelings of abandonment and despair. How do you feel about the idea that being honest about our struggles is a sign of faith, not weakness?
2. Based on the message, what did you learn about God's nature, especially His omnipresence, omnipotence, and unconditional love, in times of hardship?
3. Can you recall a time when you felt the need to pretend everything was fine, even though you were struggling? How did that experience affect you, and how might honesty with God and others have made a difference?
4. What steps can you take this week to embrace God's unconditional love and actively seek His comfort in your struggles? How can you support someone else who might be feeling overwhelmed?

Pray

Close your time together with prayer.