

## HURTING AND HOPING FOR THE HOLIDAYS

Psalm 13:1–6

With the dawn of December comes the blooming of the Christmas season. Lights are hanging, carols are playing, classes are ending, and carts are filling! With all the decorations and pageants, gifts and music, activity and excitement, it's easy to forget that, for some, this is anything but "the most wonderful time of the year." Many people—including many Christians—will endure this otherwise-celebratory month with a very non-festive limp, burdened with pain and frustrations, sadness and worries, fears and uncertainties. They will struggle to sing "Joy to the world!" and will, instead, seek space to groan, "Even so, it is well with my soul." As God's people, we must understand how to navigate such desperation and help others do the same. Thankfully, in God's kindness and wisdom, he has provided us guidance on how to do just that, how to turn deep lamentation into worshipful anticipation.

Lamentation vv. 1–2

Supplication vv. 3–4

Anticipation vv. 5–6

### *Trust in the Trials!*

1. Lament biblically
2. Pray honestly
3. Review gratefully
4. Wait knowingly