Psalm 13 - Challenge

**Option 1 - Anchor**

David had an anchor point in the character of God and that was God’s unfailing love. This week I want you to create an anchor point.

What is one truth about God's character from Scripture that you can cling to when your feelings betray you this week? Write it on a post-it note. Put it on your mirror. Make it the lock screen on your phone. Let that truth be more real than your feelings."

**Option 2 - Journal**

Take the pattern David gives us: Address God, voice your specific lament, make a clear petition, and then anchor yourself in a truth about God's character. Take 15 minutes this week. Find a quiet place, open a notebook, and write your own Psalm 13."

**Option 3 - Share**

David didn't just write this in a private journal; it became a song for the community. Pain that is hidden festers. Pain that is shared begins to heal. Your challenge is to take one honest struggle—one 'How long?'—and share it with one trusted person this week. A spouse, a friend, someone in church.